



Ham, Egg & Cheese Wrap to Go

READY IN



5 min.

SERVINGS



5

CALORIES



50 kcal

SIDE DISH

Ingredients

- 1 eggs
- 2 Tbsp oscar mayer carving board slow ham cooked finely chopped
- 1 singles kraft
- 18-inch tortillas whole wheat warmed ()

Equipment

- bowl
- microwave

Directions

- Beat egg in microwaveable bowl; stir in ham. Microwave on HIGH 1 min. 15 sec. to 1 min. 30 sec. or until egg is almost set, stirring after 45 sec.
- Spoon down center of tortilla; top with Singles.
- Fold in opposite sides of tortilla, then roll up burrito-style.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5704348034671%

Nutrients (% of daily need)

Calories: 50.37kcal (2.52%), Fat: 2.36g (3.64%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.4g (0.45%), Cholesterol: 36.43mg (12.14%), Sodium: 135.03mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Selenium: 4.04µg (5.78%), Phosphorus: 31.92mg (3.19%), Vitamin B2: 0.05mg (3.17%), Vitamin B1: 0.04mg (2.6%), Iron: 0.4mg (2.21%), Fiber: 0.53g (2.13%), Calcium: 20.99mg (2.1%), Vitamin B12: 0.12µg (1.94%), Vitamin B6: 0.04mg (1.87%), Zinc: 0.26mg (1.7%), Vitamin B5: 0.16mg (1.62%), Vitamin D: 0.22µg (1.45%), Vitamin B3: 0.27mg (1.35%), Folate: 4.31µg (1.08%), Vitamin A: 51.85IU (1.04%)