



Savory Scramble Tortillas with Guacamole Cream

READY IN



16 min.

SERVINGS



4

CALORIES



404 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 slices canadian bacon diced
- ☐ 8 egg beaters
- ☐ 4 flour tortillas store-bought
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 4 servings chives fresh chopped for garnish
- ☐ 1 cup guacamole store-bought
- ☐ 0.5 cup half-and-half

- ☐ 0.5 cup heavy cream
- ☐ 4 servings salt and pepper

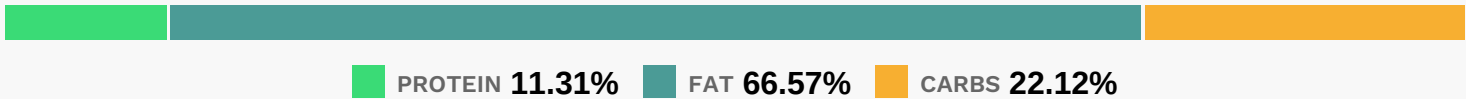
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ microwave

Directions

- ☐ Spoon guacamole into a fine mesh sieve and push through into a small bowl. This will make the guacamole very smooth.
- ☐ Whisk in heavy cream.
- ☐ In a medium mixing bowl, whisk together the eggs and half-and-half. Season with salt and pepper, to taste.
- ☐ In a large frying pan over medium heat, melt the butter.
- ☐ Add Canadian bacon and cook until heated through.
- ☐ Pour in egg mixture, stirring often to create fluffy scrambled eggs.
- ☐ Remove from heat the moment eggs are done cooking.
- ☐ Heat the tortillas on paper towels in the microwave for 10 seconds.
- ☐ Divide egg mixture among the tortillas and roll up. Spoon guacamole cream on top and garnish with chopped chives.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:5.16, Inflammation Score:-7, Nutrition Score:14.806956581447%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 404.25kcal (20.21%), Fat: 30.65g (47.15%), Saturated Fat: 13.61g (85.07%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 17.62g (6.41%), Sugar: 3.69g (4.1%), Cholesterol: 65.98mg (21.99%), Sodium: 729.58mg (31.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.43%), Vitamin B1: 0.42mg (28.26%), Selenium: 15.98µg (22.83%), Folate: 86.18µg (21.55%), Vitamin B3: 4.26mg (21.29%), Fiber: 5.3g (21.2%), Phosphorus: 211.84mg (21.18%), Vitamin K: 22.2µg (21.14%), Vitamin B2: 0.36mg (20.93%), Vitamin A: 849.34IU (16.99%), Vitamin B6: 0.32mg (16.02%), Vitamin D: 2.32µg (15.45%), Potassium: 515.14mg (14.72%), Manganese: 0.25mg (12.7%), Vitamin B5: 1.27mg (12.67%), Vitamin E: 1.87mg (12.45%), Calcium: 108.84mg (10.88%), Vitamin C: 8.15mg (9.88%), Iron: 1.75mg (9.7%), Magnesium: 35.8mg (8.95%), Copper: 0.17mg (8.64%), Zinc: 1.19mg (7.92%), Vitamin B12: 0.31µg (5.21%)