



Scrambled Egg Enchiladas

READY IN



45 min.

SERVINGS



8

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 cups ham cooked chopped
- ☐ 12 large eggs lightly beaten
- ☐ 12 8-inch flour tortillas ()
- ☐ 2 tablespoons milk

Equipment

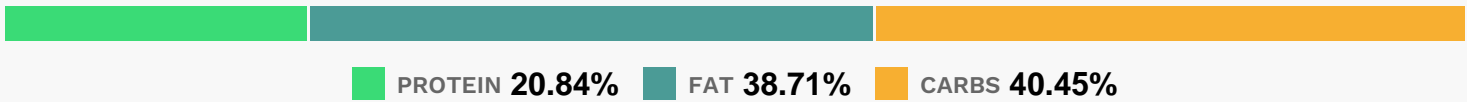
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Melt butter in a large nonstick skillet over medium heat; add eggs. Cook, without stirring, until eggs begin to set on bottom.
- ☐ Draw a spatula across bottom of skillet to form large curds. Continue cooking until eggs are thickened but still moist (do not stir constantly).
- ☐ Remove eggs from heat.
- ☐ Add half of cheese to eggs, stirring until cheese melts; chill remaining cheese. Stir ham into egg mixture.
- ☐ Spoon mixture evenly down centers of tortillas; roll up, jellyroll fashion.
- ☐ Place seam side down in a lightly greased 13- x 9-inch baking dish. Cover and chill 8 hours.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake at 350 for 40 minutes or until thoroughly heated.
- ☐ Combine remaining cheese and milk in a small saucepan; cook over medium heat, stirring until cheese melts. Spoon over enchiladas.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:12.01, Inflammation Score:-5, Nutrition Score:17.648695676223%

Nutrients (% of daily need)

Calories: 387.74kcal (19.39%), Fat: 16.39g (25.21%), Saturated Fat: 5.3g (33.15%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 35.84g (13.03%), Sugar: 3.3g (3.66%), Cholesterol: 294.92mg (98.31%), Sodium: 932.18mg (40.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.71%), Selenium: 44.35µg (63.36%), Phosphorus: 372.15mg (37.21%), Vitamin B2: 0.61mg (36.16%), Vitamin B1: 0.53mg (35.29%), Folate: 107.81µg (26.95%), Iron: 4.27mg (23.72%), Vitamin B3: 4.19mg (20.97%), Manganese: 0.41mg (20.45%), Vitamin B12: 0.99µg (16.47%), Calcium: 160.1mg (16.01%), Vitamin B5: 1.48mg (14.76%), Zinc: 1.86mg (12.41%), Vitamin B6: 0.23mg (11.47%), Fiber: 2.68g (10.71%), Vitamin D: 1.54µg (10.27%), Vitamin A: 473.67IU (9.47%), Copper: 0.16mg (7.89%),

Magnesium: 30.78mg (7.7%), Potassium: 265.02mg (7.57%), Vitamin C: 4.94mg (5.99%), Vitamin E: 0.84mg (5.62%), Vitamin K: 5.74µg (5.47%)