



Scrambled-Egg Tacone

READY IN



45 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces ham cooked chopped
- ☐ 9 large eggs
- ☐ 4 flour tortillas (9 to 10 in. wide)
- ☐ 4 oz jack cheese shredded
- ☐ 4 ounces jalapeño chiles fresh stemmed rinsed seeded chopped (see notes)
- ☐ 1 tablespoon olive oil
- ☐ 6 oz onion peeled chopped
- ☐ 4 servings bell pepper
- ☐ 4 oz roma tomato cored rinsed chopped

- ☐ 4 servings tomato salsa
- ☐ 0.3 teaspoon salt

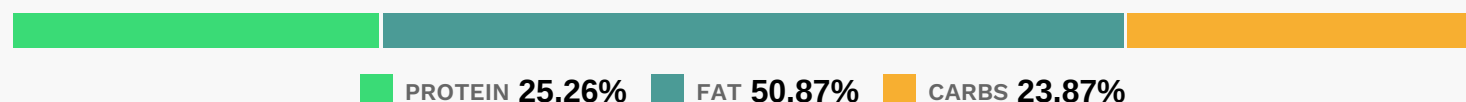
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave
- ☐ spatula

Directions

- ☐ In a bowl, whisk eggs, 1/4 cup water, and salt until blended.
- ☐ Set a 10- to 12-inch nonstick frying pan over high heat.
- ☐ Add oil, ham, chiles, onion, and tomato; stir often until onion is limp, about 5 minutes. Reduce heat to medium-high.
- ☐ Add egg mixture, then sprinkle evenly with cheese. When a thin layer of egg is set on pan bottom, in about 30 seconds, push cooked egg toward one side of pan with a wide spatula, letting uncooked egg flow underneath. Continue cooking and pushing egg mixture until eggs are softly set but still moist, 3 to 4 minutes total. Stir to turn eggs over.
- ☐ Remove pan from heat.
- ☐ Wrap tortillas in plastic wrap and heat in a microwave oven on full power (100%) just until hot and steamy, 15 to 30 seconds.
- ☐ Lay tortillas, one at a time, on a board and spoon about a fourth of the egg mixture across each, just below center. Wrap tortillas tightly around filling. If desired, cut each burrito in half diagonally; stack on plates. Offer salsa, salt, and pepper to add to taste.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:7.17, Inflammation Score:-10, Nutrition Score:33.443043169768%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg

Nutrients (% of daily need)

Calories: 490.58kcal (24.53%), Fat: 27.83g (42.82%), Saturated Fat: 10.88g (68%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 24.34g (8.85%), Sugar: 9.74g (10.82%), Cholesterol: 464.43mg (154.81%), Sodium: 1240.37mg (53.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.19%), Vitamin C: 143.23mg (173.61%), Vitamin A: 3854.31IU (77.09%), Selenium: 51.64µg (73.77%), Phosphorus: 549.32mg (54.93%), Vitamin B2: 0.89mg (52.18%), Vitamin B6: 0.77mg (38.48%), Folate: 142.56µg (35.64%), Calcium: 350.31mg (35.03%), Vitamin E: 4.5mg (30.02%), Vitamin B1: 0.44mg (29.55%), Vitamin B12: 1.64µg (27.27%), Vitamin B5: 2.55mg (25.48%), Iron: 4.22mg (23.42%), Zinc: 3.5mg (23.36%), Manganese: 0.43mg (21.54%), Potassium: 734.78mg (20.99%), Vitamin B3: 4.11mg (20.56%), Fiber: 5.05g (20.19%), Vitamin K: 17.96µg (17.11%), Vitamin D: 2.42µg (16.13%), Magnesium: 59.07mg (14.77%), Copper: 0.23mg (11.68%)