



Smoked Salmon and Egg Wraps (Crowd Size)

READY IN



30 min.

SERVINGS



12

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 eggs
- ☐ 2 tablespoons water
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 cup optional: dill dried fresh chopped
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 4.5 oz salmon smoked
- ☐ 0.5 cup onion red finely chopped
- ☐ 6 oz havarti cheese shredded
- ☐ 1 sprigs optional: dill

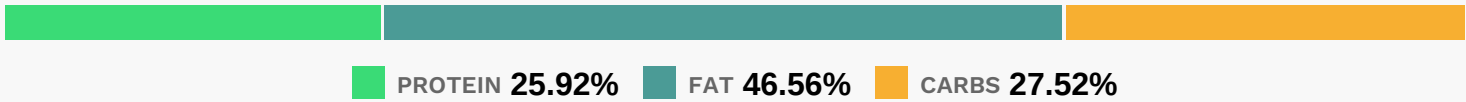
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat oven to 350°F. Line jelly roll pan, 15 1/2x10 1/2x1 inch, with foil. In large bowl, beat eggs, milk and seasoned salt thoroughly with fork or wire whisk until a uniform yellow.
- ☐ Spray 12-inch nonstick skillet with cooking spray.
- ☐ Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 8 to 10 minutes or until eggs are thickened throughout but still moist. Stir in chopped dill weed.
- ☐ Spoon about 1/3 cup eggs down center of each tortilla. Top with salmon, onion and cheese. Fold opposite sides of each tortilla over filling (sides will not meet in center).
- ☐ Roll up tortilla, beginning at one of the open ends.
- ☐ Place wraps, seam sides down, in pan. Cover with foil.
- ☐ Bake about 10 minutes or until cheese is melted.
- ☐ Garnish with dill weed sprigs.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:4.2, Inflammation Score:-4, Nutrition Score:10.384782635647%

Flavonoids

Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 206.35kcal (10.32%), Fat: 10.54g (16.21%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 12.97g (4.72%), Sugar: 1.41g (1.57%), Cholesterol: 178.6mg (59.53%), Sodium: 542.01mg (23.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.4%), Selenium: 23.99µg (34.27%), Phosphorus: 235.81mg (23.58%), Vitamin B2: 0.34mg (19.8%), Vitamin D: 2.74µg (18.24%), Vitamin B12: 0.93µg (15.56%), Calcium: 153.53mg (15.35%), Folate: 56.59µg (14.15%), Vitamin B1: 0.16mg (10.77%), Iron: 1.91mg (10.59%), Zinc: 1.33mg (8.84%), Vitamin A: 436.25IU (8.72%), Vitamin B5: 0.87mg (8.7%), Manganese: 0.17mg (8.62%), Vitamin B3: 1.72mg (8.6%), Vitamin B6: 0.14mg (7.11%), Copper: 0.1mg (4.99%), Vitamin E: 0.7mg (4.69%), Magnesium: 17.97mg (4.49%), Fiber: 1.04g (4.18%), Potassium: 138.42mg (3.95%), Vitamin K: 2.04µg (1.94%), Vitamin C: 1.41mg (1.71%)