



Speedy Egg & Cheese Stack

READY IN



20 min.

SERVINGS



20

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 6 eggs beaten
- 6 6-inch flour tortillas ()
- 2 tomatoes thinly sliced

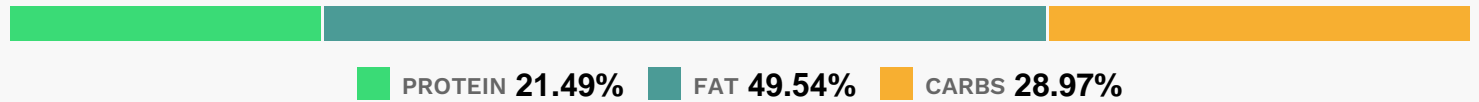
Equipment

- frying pan
- oven

Directions

- Heat oven to 375F.
- Cook eggs in skillet sprayed with cooking spray on medium heat 5 min. or until set, stirring occasionally.
- Remove from heat.
- Place 2 tortillas in 9-inch pie plate, overlapping as necessary to cover bottom; top with half the eggs and 1/3 each of the cheese and tomatoes. Repeat layers. Top with remaining tortillas, cheese and tomatoes.
- Bake 10 min. or until ingredients are heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4.95, Glycemic Load:1.57, Inflammation Score:-2, Nutrition Score:3.3634782459425%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 71.68kcal (3.58%), Fat: 3.92g (6.03%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.69g (1.71%), Sugar: 0.72g (0.81%), Cholesterol: 54.75mg (18.25%), Sodium: 122.55mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Selenium: 7.66µg (10.94%), Phosphorus: 73.5mg (7.35%), Vitamin B2: 0.11mg (6.64%), Calcium: 61.71mg (6.17%), Vitamin A: 230.35IU (4.61%), Folate: 17.7µg (4.42%), Vitamin B1: 0.06mg (3.78%), Iron: 0.6mg (3.33%), Manganese: 0.06mg (3.14%), Zinc: 0.45mg (2.97%), Vitamin B12: 0.18µg (2.96%), Vitamin B5: 0.25mg (2.51%), Vitamin B3: 0.48mg (2.42%), Vitamin B6: 0.04mg (2.07%), Vitamin C: 1.69mg (2.04%), Vitamin D: 0.3µg (1.99%), Fiber: 0.46g (1.85%), Potassium: 62.97mg (1.8%), Vitamin K: 1.79µg (1.71%), Vitamin E: 0.25mg (1.65%), Magnesium: 6.44mg (1.61%), Copper: 0.03mg (1.4%)