



## Speedy Morning Burritos

READY IN



10 min.

SERVINGS



10

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup four cheese shredded mexican style divided kraft finely
- 4 slices oscar mayer deli ham smoked fresh chopped
- 4 eggs
- 2 6-inch flour tortillas ()
- 3 Tbsp classic ranch dressing kraft
- 0.3 cup taco bellâ® & chunky mild salsa thick divided

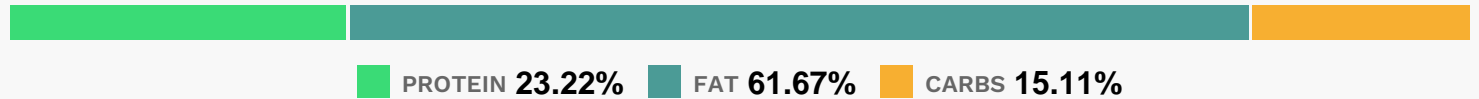
### Equipment

- frying pan

## Directions

- Beat eggs and dressing until well blended. Stir in ham and 2 Tbsp. each salsa and cheese.
- Pour into nonstick skillet sprayed with cooking spray; cook on medium heat 2 to 3 min. or until set, stirring occasionally.
- Spoon onto tortillas. Fold in opposite sides of each tortilla, then roll up burrito-style. Top with remaining salsa and cheese.

## Nutrition Facts



## Properties

Glycemic Index:6.1, Glycemic Load:0.95, Inflammation Score:-1, Nutrition Score:4.2686956667382%

## Nutrients (% of daily need)

Calories: 103.5kcal (5.18%), Fat: 7.01g (10.78%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.54g (1.29%), Sugar: 0.76g (0.84%), Cholesterol: 76.41mg (25.47%), Sodium: 303.76mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.87%), Selenium: 10.3µg (14.71%), Phosphorus: 94.56mg (9.46%), Vitamin B2: 0.14mg (8.27%), Vitamin B1: 0.11mg (7.22%), Vitamin K: 6.86µg (6.53%), Vitamin B6: 0.09mg (4.54%), Vitamin B12: 0.27µg (4.43%), Zinc: 0.64mg (4.29%), Vitamin B3: 0.85mg (4.27%), Calcium: 42.45mg (4.25%), Vitamin B5: 0.39mg (3.92%), Folate: 15.28µg (3.82%), Iron: 0.67mg (3.71%), Vitamin A: 156.26IU (3.13%), Vitamin D: 0.45µg (3.01%), Vitamin E: 0.43mg (2.84%), Potassium: 85.65mg (2.45%), Manganese: 0.05mg (2.28%), Magnesium: 7.52mg (1.88%), Copper: 0.03mg (1.71%), Fiber: 0.33g (1.31%)