



Tex-Mex Morning Wraps

READY IN



17 min.

SERVINGS



2

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer bacon
- 2 eggs
- 2 6-inch flour tortillas ()
- 2 Tbsp chiles green chopped
- 0.3 cup taco bellâ® & chunky salsa thick
- 0.3 cup sharp cheddar cheese shredded kraft

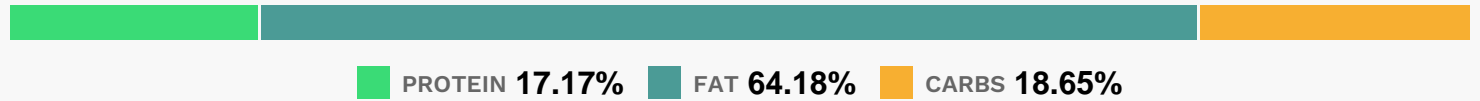
Equipment

- frying pan

Directions

- Cook bacon in large skillet on medium heat until crisp; drain.
- Place 2 bacon slices on each tortilla; sprinkle evenly with cheese.
- Beat eggs and chilies; add to hot skillet. Cook and stir 2 min. or until set.
- Divide egg mixture between tortillas; drizzle with salsa.
- Roll up.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:4.77, Inflammation Score:-5, Nutrition Score:13.565217329108%

Nutrients (% of daily need)

Calories: 408.4kcal (20.42%), Fat: 28.95g (44.54%), Saturated Fat: 10.83g (67.67%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 17.04g (6.19%), Sugar: 2.56g (2.85%), Cholesterol: 206.85mg (68.95%), Sodium: 939.69mg (40.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.85%), Selenium: 33.38µg (47.68%), Phosphorus: 289.02mg (28.9%), Vitamin B2: 0.4mg (23.44%), Vitamin B1: 0.31mg (20.46%), Calcium: 185mg (18.5%), Vitamin B3: 3.59mg (17.97%), Folate: 61.25µg (15.31%), Vitamin B6: 0.29mg (14.72%), Iron: 2.4mg (13.32%), Vitamin B12: 0.76µg (12.69%), Zinc: 1.84mg (12.28%), Vitamin A: 570.31IU (11.41%), Vitamin B5: 1.1mg (11.05%), Manganese: 0.2mg (10.17%), Potassium: 297.02mg (8.49%), Vitamin E: 1.15mg (7.69%), Vitamin D: 1.14µg (7.61%), Fiber: 1.89g (7.56%), Vitamin C: 5.75mg (6.97%), Magnesium: 26.45mg (6.61%), Copper: 0.11mg (5.36%), Vitamin K: 4µg (3.81%)