



Zesty Bacon & Egg Wrap

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



37 kcal

SIDE DISH

Ingredients

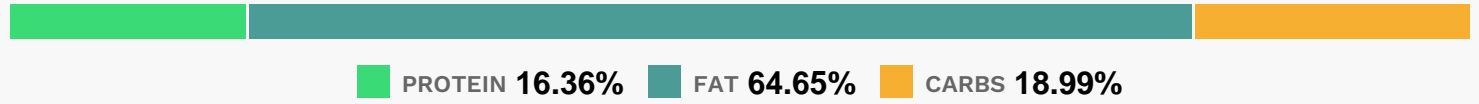
- 2 slices oscar mayer bacon fully cooked
- 2 tsp cheez whiz cheese dip
- 1 eggs
- 16-inch flour tortilla ()
- 2 tsp taco bellâ® & chunky salsa thick

Equipment

Directions

- Spread tortilla with CHEEZ WHIZ.
- Top with remaining ingredients.
- Roll up.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:1.109130429104%

Nutrients (% of daily need)

Calories: 36.83kcal (1.84%), Fat: 2.61g (4.02%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.23g (0.26%), Cholesterol: 20.01mg (6.67%), Sodium: 80.07mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Selenium: 2.91µg (4.16%), Phosphorus: 29.49mg (2.95%), Vitamin B2: 0.03mg (2.05%), Vitamin B1: 0.03mg (1.96%), Vitamin B3: 0.32mg (1.62%), Folate: 4.93µg (1.23%), Iron: 0.21mg (1.17%), Vitamin B6: 0.02mg (1.13%), Calcium: 10.88mg (1.09%), Vitamin B12: 0.06µg (1.02%)