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Steak A.M. Crunchwrap

The Steak A.M. Crunchwrap is a delicious breakfast recipe that features a crispy tortilla filled with steak, eggs, cheese, and a variety of other ingredients. It is a popular breakfast item at fast-food chains and is loved for its savory and satisfying flavors. This recipe is perfect for those who enjoy a hearty and filling breakfast to start their day.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 250 grams

Number of Servings: 4

Serving Size: 63 g

Ingredients

500 g	flour tortillas
400 g	steak
8 pieces	Eggs
200 g	cheddar cheese

200 g	hash browns
100 g	salsa
100 g	sour cream
5 g	Salt
5 g	Pepper
30 ml	vegetable oil

Directions

Step 1

Grilling

Cook the steak on a grill or stovetop until desired doneness. Let it rest for a few minutes and then slice it into thin strips.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Frying

In a separate pan, cook the hash browns until crispy. Season with salt and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

In a bowl, whisk the eggs and season with salt and pepper. Cook the eggs in a pan until scrambled.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Microwaving

Warm the flour tortillas in a pan or microwave.

Prep Time: 2 mins

Cook Time: 2 mins

Step 5

Assembly

To assemble the crunchwraps, place a tortilla on a flat surface. Add a layer of steak, followed by eggs, hash browns, cheddar cheese, salsa, and sour cream. Fold the edges of the tortilla towards the center, creating a hexagonal shape.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Frying

In a pan, heat vegetable oil over medium heat. Place the crunchwraps in the pan, seam side down, and cook for 2-3 minutes on each side until crispy.

Prep Time: 2 mins

Cook Time: 6 mins

Step 7

Serving

Serve the Steak A.M. Crunchwraps hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 550 kcal

Fat: 30 g

Protein: 25 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	280 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Difficulty Level

Medium

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