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Scramble Egg Bacon Salsa Wrap

A delicious wrap filled with scrambled eggs, crispy bacon, and flavorful salsa. Perfect for a quick and satisfying breakfast or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

4 pieces	Eggs
8 slices	bacon
4 pieces	flour tortillas
8 tbsp	salsa
1 tsp	salt

1 tsp pepper

2 tbsp olive oil

Directions

Step 1

Mixing

In a bowl, beat the eggs with salt and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Frying

Heat olive oil in a frying pan over medium heat. Add the beaten eggs and cook, stirring occasionally, until scrambled.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Frying

In a separate pan, cook the bacon until crispy. Remove from pan and drain on paper towels.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Microwaving

Warm the flour tortillas in a dry pan or microwave.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Spread salsa on each tortilla. Top with scrambled eggs and bacon. Roll up tightly and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 14 g

Protein: 16 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	16 g	94.12%	94.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
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	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	14 g	50%	56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	190 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
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	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	14 mcg	25.45%	25.45%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Snack

Dinner

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Slow Cooker

Course

Appetizers

Main Dishes

Snacks

Sauces & Dressings

Difficulty Level

Easy

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