



Asian Breakfast Tacos

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large potatoes
- 1 tablespoon olive oil
- 1 serving salt and pepper to taste
- 12 oz sausage meat
- 2 tablespoons soya sauce
- 1 tablespoon maple syrup
- 1.5 teaspoons ground ginger
- 1 teaspoon pepper red crushed

- 2 teaspoons sesame oil
- 6 eggs
- 1 serving water
- 4 tablespoons spring onion finely chopped
- 2 teaspoons to-ban-jan (Korean chile pepper paste)
- 0.5 juice of lemon
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)

Equipment

- bowl
- frying pan
- baking sheet
- oven
- microwave

Directions

- Heat oven to 400°F. Chop potato into 1/2-inch cubes. In medium bowl, toss potato with olive oil, salt and pepper.
- Place in single layer on ungreased cookie sheet.
- Bake 45 to 60 minutes or until tender and lightly browned.
- Meanwhile, in another medium bowl, mix sausage, 1 tablespoon of the soy sauce, the maple syrup, ginger, pepper flakes and 1 teaspoon of the sesame oil. In 10-inch skillet, cook sausage mixture over medium heat, stirring occasionally and breaking up sausage into small crumbles, until no longer pink.
- In small bowl, beat eggs, splash of water and 2 tablespoons of the green onions. Scramble eggs in 8-inch skillet. Season with salt and pepper to taste.
- When potatoes are done, toss in mixture of remaining 1 tablespoon soy sauce, remaining 1 teaspoon sesame oil, the gochujang and lemon juice.
- Warm tortillas in skillet or in microwave. Assemble tacos with tortillas, sausage, eggs, potatoes and remaining green onions.

Nutrition Facts

PROTEIN 17.25% FAT 52.44% CARBS 30.31%

Properties

Glycemic Index:38.21, Glycemic Load:14.83, Inflammation Score:-6, Nutrition Score:17.697826136713%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 452.54kcal (22.63%), Fat: 26.23g (40.35%), Saturated Fat: 8.06g (50.4%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 30.81g (11.21%), Sugar: 4.42g (4.92%), Cholesterol: 204.5mg (68.17%), Sodium: 1098.91mg (47.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.82%), Selenium: 22.89µg (32.7%), Manganese: 0.6mg (29.88%), Phosphorus: 291.85mg (29.19%), Vitamin B1: 0.43mg (28.59%), Vitamin B3: 5.49mg (27.44%), Vitamin B2: 0.46mg (27.32%), Vitamin B6: 0.49mg (24.61%), Iron: 3.78mg (20.99%), Folate: 71.99µg (18%), Vitamin C: 14.24mg (17.26%), Potassium: 568.64mg (16.25%), Zinc: 2.31mg (15.42%), Vitamin B12: 0.87µg (14.56%), Vitamin K: 15.24µg (14.52%), Vitamin B5: 1.34mg (13.41%), Fiber: 3.29g (13.15%), Vitamin A: 618.03IU (12.36%), Vitamin D: 1.62µg (10.78%), Magnesium: 42.89mg (10.72%), Calcium: 106.65mg (10.66%), Copper: 0.21mg (10.32%), Vitamin E: 1.34mg (8.92%)