



## Bacon, Potato, and Egg Taco Ole

READY IN



25 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 bacon
- 1 tablespoon butter
- 8 eggs
- 4 flour tortilla
- 0.3 cup milk
- 0.3 cup onion diced
- 2 large potatoes peeled chopped
- 4 servings salt and pepper to taste
- 3 tablespoons water

## Equipment

- bowl
- frying pan
- paper towels

## Directions

- Place bacon in a skillet. Cook over medium high heat until evenly brown. Keeping drippings in the skillet, remove the bacon and drain on paper towels. Crumble the bacon.
- While the bacon is cooking, mix the eggs, milk, water, salt, and pepper in a bowl until combined.
- Add potatoes to the bacon drippings and cook until semi-soft. Stir in the onions. Cook and stir for 1 minute.
- Pour the egg mixture into the skillet. Stir in the crumbled bacon and the butter. Cook until the eggs set to your desired firmness. Spoon mixture into tortillas and serve.

## Nutrition Facts

**PROTEIN 16.23%** **FAT 49.2%** **CARBS 34.57%**

## Properties

Glycemic Index:58.19, Glycemic Load:28.91, Inflammation Score:-6, Nutrition Score:24.283478280772%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

## Nutrients (% of daily need)

Calories: 585.81kcal (29.29%), Fat: 31.9g (49.07%), Saturated Fat: 11.71g (73.2%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 45.11g (16.4%), Sugar: 4.42g (4.91%), Cholesterol: 366.36mg (122.12%), Sodium: 873.23mg (37.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.67g (47.34%), Selenium: 43.59µg (62.27%), Vitamin C: 37.33mg (45.25%), Phosphorus: 429.81mg (42.98%), Vitamin B6: 0.86mg (42.86%), Vitamin B2: 0.61mg (36.13%), Vitamin B1: 0.47mg (31.52%), Potassium: 1073.65mg (30.68%), Vitamin B3: 5.14mg (25.72%), Folate: 101.72µg (25.43%), Manganese: 0.48mg (23.92%), Iron: 4.28mg (23.77%), Vitamin B5: 2.28mg (22.85%), Fiber: 5.34g (21.34%), Vitamin B12: 1.12µg (18.65%), Magnesium: 68.84mg (17.21%), Zinc: 2.46mg (16.4%), Copper: 0.32mg (15.98%),

Calcium: 146.79mg (14.68%), Vitamin D: 2.16µg (14.4%), Vitamin A: 615.84IU (12.32%), Vitamin E: 1.23mg (8.17%),  
Vitamin K: 6.29µg (5.99%)