



Breakfast Soft Tacos with Persimmon Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.3 cups baking potato cubed peeled
- ☐ 6 large eggs lightly beaten
- ☐ 6 8-inch flour tortillas ()
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 1 jalapeno diced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 ounces monterrey jack cheese shredded with jalapeño peppers
- ☐ 1.8 cups persimmon ripe peeled chopped (2 medium)

- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt

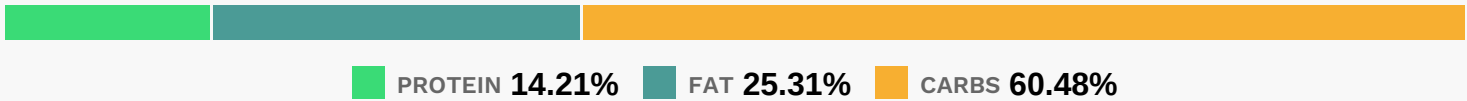
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ To prepare salsa, combine first 6 ingredients; set aside.
- ☐ To prepare tacos, place potato in a microwave-safe bowl. Cover with plastic wrap; microwave at HIGH 5 minutes.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add potato; cook 5 minutes, stirring occasionally. Stir in cheese and egg; cook 3 minutes or until soft-scrambled, stirring constantly. Warm tortillas according to package directions. Spoon about 2/3 cup egg mixture down center of each tortilla. Top each with 1/3 cup salsa; roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:47.79, Glycemic Load:31.29, Inflammation Score:-6, Nutrition Score:18.433043438455%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 420.13kcal (21.01%), Fat: 12.06g (18.55%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 64.82g (21.61%), Net Carbohydrates: 61.74g (22.45%), Sugar: 3.19g (3.54%), Cholesterol: 194.41mg (64.8%), Sodium: 605.26mg (26.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.46%), Vitamin C: 55.12mg (66.81%), Selenium: 28.48µg (40.68%), Phosphorus: 312.56mg (31.26%), Iron: 5.25mg (29.16%), Vitamin B2: 0.44mg (25.93%), Vitamin B1: 0.35mg (23.39%), Folate: 87.38µg (21.84%), Vitamin B6: 0.43mg (21.27%), Calcium: 205.28mg (20.53%), Potassium: 718.11mg (20.52%), Manganese: 0.41mg (20.49%), Vitamin B3: 3.19mg (15.95%), Fiber: 3.08g (12.32%), Vitamin B5: 1.14mg (11.39%), Magnesium: 40.12mg (10.03%), Zinc: 1.46mg (9.72%), Copper: 0.18mg (9.09%), Vitamin B12: 0.52µg (8.72%), Vitamin A: 375.81IU (7.52%), Vitamin D: 1.06µg (7.04%), Vitamin K: 6.22µg (5.93%), Vitamin E: 0.66mg (4.37%)