



Breakfast Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 large eggs
- 0.3 teaspoon garlic salt
- 0.3 teaspoon pepper
- 0.3 cup bell pepper green red chopped
- 0.3 cup spring onion chopped
- 1 tablespoon butter
- 2 oz pepper jack cheese shredded
- 4.6 oz taco shells (12 Count)

- 1 cup lettuce shredded
- 1 small avocado pitted peeled sliced
- 0.3 cup salsa thick

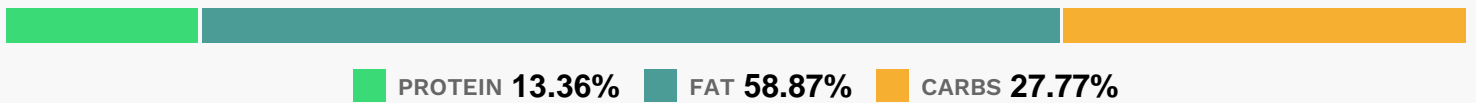
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- In small bowl, beat eggs, garlic salt and pepper thoroughly with fork or wire whisk. Stir in bell pepper and onions.
- In 8-inch skillet, melt butter over medium heat.
- Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portions can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout. Gently stir in cheese.
- Heat taco shells as directed on package.
- Place lettuce in shells. Spoon eggs onto lettuce. Top with avocado and salsa.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:8.82, Inflammation Score:-5, Nutrition Score:10.983913027722%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin:
0.75mg

Nutrients (% of daily need)

Calories: 264.35kcal (13.22%), Fat: 17.63g (27.13%), Saturated Fat: 5.51g (34.41%), Carbohydrates: 18.72g (6.24%),
Net Carbohydrates: 14.44g (5.25%), Sugar: 1.61g (1.79%), Cholesterol: 132.41mg (44.14%), Sodium: 368.83mg
(16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Vitamin K: 21.81µg (20.77%), Phosphorus:
185.34mg (18.53%), Selenium: 12.92µg (18.46%), Fiber: 4.27g (17.1%), Folate: 66.74µg (16.68%), Vitamin B2: 0.26mg
(15.45%), Calcium: 124.86mg (12.49%), Vitamin B6: 0.24mg (11.77%), Vitamin C: 9.67mg (11.72%), Manganese:
0.23mg (11.71%), Vitamin A: 565.95IU (11.32%), Vitamin B5: 1.04mg (10.41%), Vitamin E: 1.49mg (9.94%), Magnesium:
38.44mg (9.61%), Potassium: 335.68mg (9.59%), Zinc: 1.34mg (8.95%), Iron: 1.38mg (7.66%), Copper: 0.13mg (6.7%),
Vitamin B1: 0.1mg (6.6%), Vitamin B12: 0.38µg (6.29%), Vitamin B3: 1.21mg (6.06%), Vitamin D: 0.72µg (4.82%)