



Breakfast Tacos

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 oz chilis green drained chopped canned
- ☐ 6 large egg whites
- ☐ 2 large eggs
- ☐ 6 tablespoons spring onion chopped
- ☐ 6 servings hot sauce
- ☐ 8 oz cream cheese softened reduced-fat
- ☐ 1 tablespoon olive oil

- ☐ 0.3 teaspoon salt
- ☐ 6 6-inch tortillas whole wheat ()

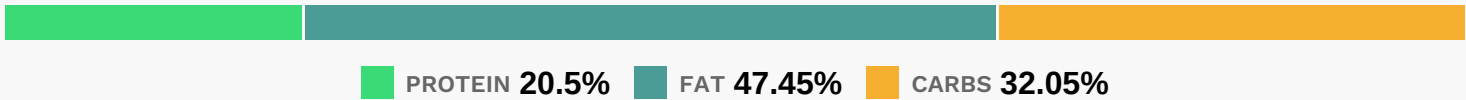
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together eggs, egg whites, green chiles, cream cheese, pepper, and salt.
- ☐ Heat olive oil in a large nonstick skillet; add egg mixture, and scramble. Divide egg mixture among tortillas. Top each with 1 Tbsp. chopped green onions and hot sauce to taste.
- ☐ Roll up each tortilla, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:6.9582609456518%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 219.05kcal (10.95%), Fat: 11.56g (17.78%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 15.31g (5.57%), Sugar: 3.79g (4.21%), Cholesterol: 82.41mg (27.47%), Sodium: 551.48mg (23.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.47%), Selenium: 13.33µg (19.04%), Vitamin B2: 0.3mg (17.75%), Vitamin K: 14.57µg (13.87%), Calcium: 125.76mg (12.58%), Phosphorus: 99.98mg (10%), Vitamin C: 7.67mg (9.29%), Fiber: 2.25g (9.01%), Vitamin B12: 0.53µg (8.76%), Vitamin A: 383.36IU (7.67%), Iron: 1.38mg (7.65%), Folate: 30.42µg (7.6%), Vitamin B5: 0.66mg (6.6%), Potassium: 210.47mg (6.01%), Vitamin E: 0.65mg (4.32%), Vitamin B6: 0.07mg (3.7%), Zinc: 0.48mg (3.22%), Vitamin D: 0.45µg (2.98%), Magnesium: 10.9mg (2.73%), Manganese: 0.04mg (2.18%), Copper: 0.04mg (1.95%), Vitamin B1: 0.03mg (1.9%), Vitamin B3: 0.25mg (1.23%)