



Cheesy Egg Breakfast Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 4 eggs
- 1 cup monterrey jack cheese shredded with jalapeno peppers
- 8 stand 'n taco shells old el paso® stuff®

Equipment

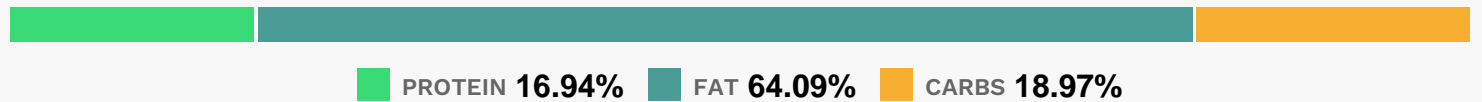
- bowl
- frying pan
- whisk

spatula

Directions

- In medium bowl, beat eggs and cooking sauce with whisk until well mixed.
- In 10-inch nonstick skillet, melt butter over medium heat just until butter begins to sizzle.
- Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist.
- Meanwhile, heat taco shells as directed on box. Spoon about 1/4 cup of the egg mixture and 2 tablespoons cheese into each taco shell. Top with avocado, salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:4.66, Inflammation Score:-2, Nutrition Score:4.8078261302865%

Nutrients (% of daily need)

Calories: 166.36kcal (8.32%), Fat: 11.83g (18.19%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 7.07g (2.57%), Sugar: 0.33g (0.37%), Cholesterol: 101.94mg (33.98%), Sodium: 177.38mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Phosphorus: 135.07mg (13.51%), Selenium: 9.41µg (13.45%), Calcium: 130.53mg (13.05%), Vitamin B2: 0.17mg (9.79%), Vitamin A: 316.93IU (6.34%), Zinc: 0.9mg (6.03%), Vitamin B12: 0.32µg (5.32%), Folate: 21.27µg (5.32%), Magnesium: 16.48mg (4.12%), Manganese: 0.08mg (3.81%), Iron: 0.68mg (3.8%), Vitamin B5: 0.37mg (3.71%), Vitamin B6: 0.07mg (3.65%), Vitamin D: 0.52µg (3.5%), Fiber: 0.8g (3.22%), Vitamin E: 0.43mg (2.88%), Vitamin B1: 0.04mg (2.47%), Potassium: 70.36mg (2.01%), Copper: 0.03mg (1.7%), Vitamin K: 1.7µg (1.62%), Vitamin B3: 0.26mg (1.28%)