



Chorizo and Scrambled Egg Breakfast Tacos

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 ounces chorizo sausage cut fresh
- 4 corn tortillas
- 4 large eggs
- 4 tablespoons cilantro leaves fresh divided chopped
- 4 spring onion sliced
- 1 cup cheddar cheese white extra-sharp grated

Equipment

- bowl

- frying pan
- whisk
- tongs

Directions

- Brush large nonstick skillet with olive or vegetable oil. Char tortillas over gas flame or directly on electric burner until blackened in spots, turning with tongs. Arrange tortillas in single layer in skillet.
- Sprinkle each tortilla with 1/4 cup grated cheese and set aside.
- Whisk eggs and 2 tablespoons cilantro in medium bowl. Season with salt and pepper. Sauté chorizo sausage in heavy medium nonstick skillet over medium-high heat until cooked through, breaking up with back of spoon, about 5 minutes.
- Add green onions and sauté 2 minutes.
- Add egg mixture and stir until very softly set, about 1 minute.
- Remove egg mixture from heat.
- Cook tortillas in skillet over high heat until beginning to crisp on bottom, but still soft and pliable, about 1 minute. Divide egg mixture among tortillas and sprinkle with remaining 2 tablespoons cilantro. Fold each tortilla in half.
- Serve with sour cream and hot sauce, if desired.
- One serving contains the following: 824.14 Calories (kcal), 63.1% Calories from Fat, 57.77 (g) Fat, 24.29 (g) Saturated Fat, 544.66 (mg) Cholesterol, 26.72 (g)
- Other

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:10.8, Inflammation Score:-8, Nutrition Score:25.384347625401%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 654.74kcal (32.74%), Fat: 43.25g (66.54%), Saturated Fat: 22.22g (138.87%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 23.16g (8.42%), Sugar: 1.58g (1.76%), Cholesterol: 498.5mg (166.17%), Sodium: 540.11mg (23.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.18g (76.37%), Selenium: 50.01µg (71.45%), Phosphorus: 629.31mg (62.93%), Calcium: 535.39mg (53.54%), Vitamin K: 53.82µg (51.25%), Vitamin B2: 0.76mg (44.73%), Vitamin A: 1900.43IU (38.01%), Zinc: 4.14mg (27.62%), Vitamin C: 22.73mg (27.55%), Vitamin B12: 1.49µg (24.82%), Iron: 3.93mg (21.84%), Folate: 77.32µg (19.33%), Vitamin B5: 1.85mg (18.46%), Magnesium: 69.7mg (17.43%), Vitamin B6: 0.34mg (16.93%), Fiber: 3.92g (15.69%), Vitamin D: 2.34µg (15.59%), Manganese: 0.25mg (12.25%), Vitamin E: 1.77mg (11.81%), Potassium: 348.63mg (9.96%), Copper: 0.19mg (9.62%), Vitamin B1: 0.12mg (7.93%), Vitamin B3: 1.02mg (5.1%)