



Chorizo Scrambled Eggs Breakfast Tacos



Gluten Free



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



899 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound chorizo
- ☐ 2 servings cilantro leaves to taste
- ☐ 6 corn tortillas
- ☐ 4 large eggs lightly beaten
- ☐ 1 clove garlic chopped
- ☐ 0.5 tablespoon oil
- ☐ 1 small onion
- ☐ 1 cup pico de gallo

- ☐ 0.3 cup queso fresco crumbled
- ☐ 1 cup refried beans
- ☐ 2 servings salt and pepper to taste
- ☐ 0.3 cup heavy whipping cream sour

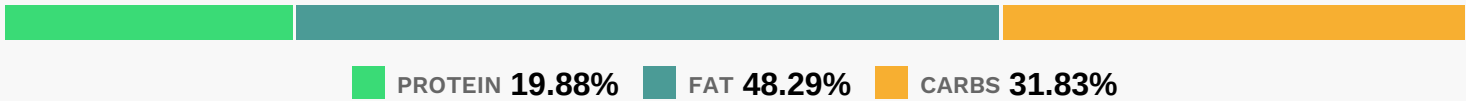
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the sausage, cook breaking it apart as you go, about 7-10 minutes and set aside reserving 1/2 tablespoon of oil and grease in the pan.
- ☐ Add the onion to the pan and saute until tender, about 5-7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the sausage and eggs, season with salt and pepper and cook until the eggs have almost set, about 1-3 minutes.
- ☐ Serve on tortillas and refried beans topped with pico de gallo, queso fresco sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:103.25, Glycemic Load:19.05, Inflammation Score:-8, Nutrition Score:21.503043382064%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 899.2kcal (44.96%), Fat: 47.83g (73.59%), Saturated Fat: 17.77g (111.06%), Carbohydrates: 70.95g (23.65%), Net Carbohydrates: 60.27g (21.92%), Sugar: 18.17g (20.19%), Cholesterol: 465.13mg (155.04%), Sodium: 2345.48mg (101.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.31g (88.61%), Phosphorus: 693.87mg (69.39%), Selenium: 35.85µg (51.22%), Fiber: 10.67g (42.69%), Vitamin A: 1778.54IU (35.57%), Vitamin B2: 0.59mg (34.71%), Iron: 6.14mg (34.09%), Calcium: 276.03mg (27.6%), Vitamin B6: 0.4mg (20.08%), Zinc: 2.88mg (19.17%), Magnesium: 72.08mg (18.02%), Manganese: 0.35mg (17.67%), Vitamin B5: 1.67mg (16.71%), Vitamin B12: 0.89µg (14.84%), Folate: 57.66µg (14.42%), Vitamin D: 2µg (13.33%), Vitamin E: 1.89mg (12.61%), Potassium: 411.89mg (11.77%), Vitamin C: 9.66mg (11.71%), Copper: 0.21mg (10.53%), Vitamin B1: 0.13mg (8.83%), Vitamin B3: 1.3mg (6.49%), Vitamin K: 3.27µg (3.12%)