



Egg and Cheese Breakfast Tacos with Homemade Salsa



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 6-inch corn tortillas ()
- ☐ 6 large eggs lightly beaten
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic divided minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon jalapeno minced

- ☐ 0.3 teaspoon kosher salt
- ☐ 4 teaspoons juice of lime fresh divided
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 8 teaspoons cup heavy whipping cream sour reduced-fat
- ☐ 2 ounces monterrey jack cheese shredded with jalapeño peppers
- ☐ 0.3 cup onion red chopped
- ☐ 1 cup refried beans organic
- ☐ 1 cup tomatoes chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl. Stir in 2 teaspoons juice and 1/2 teaspoon garlic.
- ☐ Combine beans, remaining 2 teaspoons juice, remaining 1/2 teaspoon garlic, and cumin in another bowl.
- ☐ Combine milk and eggs in a medium bowl; stir with a whisk.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add green onions to pan; saut 1 minute, stirring frequently. Stir in egg mixture; cook 3 minutes or until soft-scrambled, stirring constantly.
- ☐ Remove from heat.
- ☐ Warm tortillas according to package directions.
- ☐ Spread 1 tablespoon bean mixture on each tortilla. Spoon about 2 tablespoons egg mixture down center of each tortilla. Top each serving with 1 tablespoon tomato mixture, 1 tablespoon cheese, and 1 teaspoon sour cream.

Nutrition Facts



Properties

Glycemic Index:78.13, Glycemic Load:12.4, Inflammation Score:-7, Nutrition Score:16.405652149864%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 342.12kcal (17.11%), Fat: 13.93g (21.43%), Saturated Fat: 5.86g (36.63%), Carbohydrates: 34.74g (11.58%), Net Carbohydrates: 28.08g (10.21%), Sugar: 4.21g (4.67%), Cholesterol: 294.6mg (98.2%), Sodium: 717.22mg (31.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.45g (38.91%), Selenium: 28.79µg (41.13%), Phosphorus: 401.3mg (40.13%), Vitamin B2: 0.46mg (27.33%), Fiber: 6.66g (26.66%), Calcium: 239.79mg (23.98%), Vitamin A: 1002.36IU (20.05%), Vitamin K: 17.44µg (16.61%), Iron: 2.92mg (16.23%), Vitamin B6: 0.32mg (15.97%), Zinc: 2.26mg (15.04%), Magnesium: 59.15mg (14.79%), Vitamin B12: 0.84µg (14.03%), Manganese: 0.28mg (13.88%), Folate: 53.84µg (13.46%), Vitamin B5: 1.32mg (13.16%), Vitamin C: 10.37mg (12.57%), Vitamin D: 1.64µg (10.95%), Potassium: 370.02mg (10.57%), Copper: 0.18mg (8.84%), Vitamin E: 1.3mg (8.65%), Vitamin B1: 0.11mg (7.49%), Vitamin B3: 1.16mg (5.81%)