



Egg and Hash Brown Tacos

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled roughly chopped
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 8 large eggs
- ☐ 8 6-inch flour tortillas warmed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 8 ounces hash browns shredded frozen
- ☐ 4 servings kosher salt and pepper freshly ground

- ☐ 0.3 cup monterrey jack cheese shredded
- ☐ 0.5 small onion finely chopped
- ☐ 0.5 cup salsa prepared
- ☐ 2 tablespoons butter unsalted

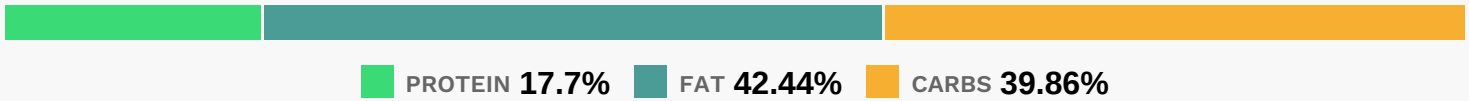
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1 1/2 tablespoons butter in a large nonstick skillet over medium heat.
- ☐ Add the hash browns and cook, stirring occasionally, until golden brown, about 15 minutes.
- ☐ Meanwhile, heat the remaining 1/2 tablespoon butter in a small saucepan over medium-high heat.
- ☐ Add the onion and cumin and cook, stirring occasionally, until the onion is softened, about 5 minutes.
- ☐ Add the beans and salsa, reduce the heat to low and cook until heated through, about 2 minutes.
- ☐ Lightly beat the eggs in a bowl with 1/2 teaspoon salt, and pepper to taste.
- ☐ Pour into the skillet with the hash browns and cook, stirring, until the eggs are almost set, about 2 minutes. Stir in half of the cheese and cook until the eggs are just set, about 1 more minute. Divide among the tortillas and top with the bean salsa, avocado, cilantro and remaining cheese.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:12.8, Inflammation Score:-8, Nutrition Score:31.420434785926%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 649.64kcal (32.48%), Fat: 31.01g (47.71%), Saturated Fat: 11.53g (72.08%), Carbohydrates: 65.52g (21.84%), Net Carbohydrates: 51.14g (18.6%), Sugar: 4.6g (5.11%), Cholesterol: 395.43mg (131.81%), Sodium: 1473.31mg (64.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.2%), Selenium: 47.63µg (68.04%), Fiber: 14.38g (57.54%), Phosphorus: 547.35mg (54.73%), Folate: 216.73µg (54.18%), Vitamin B2: 0.88mg (51.84%), Iron: 7.19mg (39.94%), Vitamin B1: 0.6mg (39.91%), Manganese: 0.79mg (39.43%), Potassium: 1061.39mg (30.33%), Vitamin B5: 2.82mg (28.18%), Vitamin B3: 5.61mg (28.06%), Calcium: 278.67mg (27.87%), Copper: 0.52mg (26.17%), Vitamin B6: 0.52mg (26.01%), Magnesium: 92.83mg (23.21%), Vitamin A: 1091.79IU (21.84%), Zinc: 3.01mg (20.06%), Vitamin K: 20.41µg (19.44%), Vitamin E: 2.71mg (18.06%), Vitamin C: 14.1mg (17.09%), Vitamin B12: 0.98µg (16.33%), Vitamin D: 2.16µg (14.41%)