



Egg Tacos with Pumpkin-Seed and Tomato-Habanero Sauces



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 6-inch corn tortillas
- ☐ 0.3 scotch bonnet peppers seeded
- ☐ 8 hardboiled eggs finely grated peeled chopped
- ☐ 2.8 cups chicken broth canned ()
- ☐ 3 oregano fresh
- ☐ 6 large plum tomatoes halved
- ☐ 2.5 cups pumpkin seeds shelled

- ☐ 2 tablespoons vegetable oil
- ☐ 6 servings vegetable oil
- ☐ 2 tablespoons water

Equipment

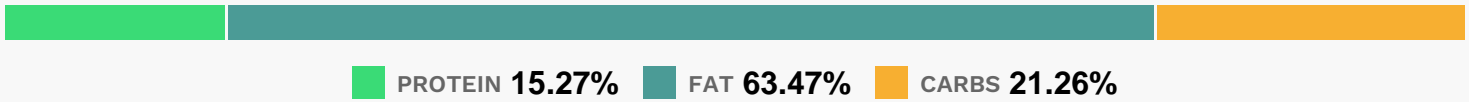
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Stir seeds in large skillet over medium-high heat until beginning to color and pop, about 6 minutes.
- ☐ Transfer to blender.
- ☐ Add 2 3/4 cups broth. Blend until smooth, scraping down sides of blender occasionally. Thin sauce to consistency of thin mayonnaise, adding broth by 1/4 cupfuls; season with salt.
- ☐ Combine tomatoes, 2 tablespoons oil, 2 tablespoons water, oregano and chili in heavy medium saucepan and bring to boil. Reduce heat to low, cover and simmer until tomatoes fall apart, stirring occasionally, about 30 minutes.
- ☐ Transfer tomato mixture to processor and puree. Season to taste with salt. (Sauces can be made 1 day ahead. Cover separately; chill.)
- ☐ Preheat oven to 325°F.
- ☐ Pour additional vegetable oil into medium skillet to depth of 1/4 inch.
- ☐ Heat oil over medium-low heat. Fry 1 tortilla in oil just until soft, about 1 minute.
- ☐ Transfer to baking sheet. Pat with paper towels to absorb excess oil. Repeat with remaining tortillas, adding more oil to skillet if needed.

- ☐ Rewarm pumpkin-seed sauce; remove from heat. Dip 1 tortilla into sauce; transfer to plate. Spoon 2 tablespoons chopped egg into center.
- ☐ Roll up to enclose egg.
- ☐ Place taco, seam side down, in 13x9x2-inch glass baking dish. Repeat dipping and filling remaining tortillas. Cover dish with foil.
- ☐ Bake tacos until heated through, about 30 minutes. Rewarm tomato-habañero sauce and remaining pumpkin-seed sauce.
- ☐ Transfer 2 tacos to each of 6 plates. Spoon remaining pumpkin-seed sauce, then tomato sauce over tacos.
- ☐ Sprinkle with grated eggs and serve.
- ☐ *Also known as pepitas. Available at Latin American markets, natural foods stores and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:10.84, Inflammation Score:-9, Nutrition Score:25.169130366781%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 559.55kcal (27.98%), Fat: 40.96g (63.02%), Saturated Fat: 7.77g (48.55%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 25.05g (9.11%), Sugar: 3.39g (3.77%), Cholesterol: 248.67mg (82.89%), Sodium: 143.9mg (6.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.35%), Manganese: 1.49mg (74.74%), Phosphorus: 655mg (65.5%), Magnesium: 211.37mg (52.84%), Vitamin K: 44.29µg (42.19%), Selenium: 26.24µg (37.48%), Vitamin B2: 0.46mg (27.28%), Copper: 0.54mg (27.16%), Zinc: 3.69mg (24.62%), Iron: 4.37mg (24.29%), Fiber: 5.84g (23.35%), Vitamin E: 3.36mg (22.39%), Vitamin B3: 4.03mg (20.16%), Potassium: 644.06mg (18.4%), Vitamin A: 880.91IU (17.62%), Vitamin B6: 0.3mg (15.02%), Folate: 57.98µg (14.5%), Vitamin B12: 0.85µg (14.14%), Vitamin B1: 0.19mg (12.65%), Vitamin B5: 1.25mg (12.49%), Vitamin C: 9.61mg (11.65%), Calcium: 106.44mg (10.64%), Vitamin D: 1.47µg (9.78%)