



Ground Bison Breakfast Tacos with Pineapple Salsa

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon cayenne pepper to taste
- ☐ 12 6-inch corn tortillas
- ☐ 6 eggs
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 pound ground bison
- ☐ 0.3 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 1 cup pineapple fresh diced
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cheddar cheese shredded
- ☐ 2 tablespoons water

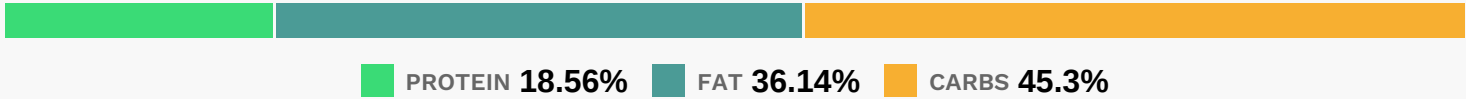
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Cook ground bison and onion over medium heat in a large skillet until ground bison is brown and onion is tender.
- ☐ Drain off fat. Stir in cumin, salt, coriander, cayenne pepper, and water. Cook and stir for 2 minutes.
- ☐ Whisk eggs and milk in a medium bowl.
- ☐ Add to ground bison mixture in skillet. As the mixture sets, run a spatula around the edge of the skillet, lifting egg mixture so uncooked portion flows underneath. Continue cooking and lifting for 2 minutes or until egg mixture is almost set.
- ☐ Evenly divide ground bison mixture between taco shells.
- ☐ Sprinkle with cheese.
- ☐ Serve with Pineapple Salsa.
- ☐ Pineapple Salsa: Stir together pineapple, bell pepper, onion, cilantro, lime juice, jalapeno pepper (if using), and salt in a medium bowl. Refrigerate for up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:54.86, Glycemic Load:12.75, Inflammation Score:-6, Nutrition Score:13.725652171218%

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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 266.82kcal (13.34%), Fat: 10.97g (16.88%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 26.66g (9.69%), Sugar: 5.16g (5.73%), Cholesterol: 179.02mg (59.67%), Sodium: 281.43mg (12.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.36%), Phosphorus: 338.4mg (33.84%), Vitamin C: 26.83mg (32.52%), Selenium: 21.06µg (30.08%), Manganese: 0.49mg (24.44%), Vitamin B2: 0.34mg (19.71%), Calcium: 192.64mg (19.26%), Fiber: 4.28g (17.12%), Vitamin B6: 0.29mg (14.4%), Vitamin A: 705.24IU (14.1%), Magnesium: 56.09mg (14.02%), Zinc: 1.92mg (12.82%), Iron: 1.84mg (10.2%), Vitamin B12: 0.6µg (9.94%), Folate: 39.46µg (9.87%), Vitamin B5: 0.94mg (9.44%), Copper: 0.16mg (8.12%), Potassium: 274.63mg (7.85%), Vitamin B1: 0.12mg (7.7%), Vitamin D: 1.08µg (7.18%), Vitamin E: 0.9mg (5.98%), Vitamin B3: 1.1mg (5.51%), Vitamin K: 1.67µg (1.59%)