



Paul Qui's Breakfast Taco

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings alfalfa sprouts
- 4 servings basil
- 4 servings butter
- 4 servings eggs
- 4 servings garlic
- 4 servings grapeseed oil
- 4 servings greek yogurt
- 4 servings jalapeno with seeds

- 8 lime
- 4 servings potatoes
- 4 servings salt and pepper black to taste
- 4 servings sea salt to taste
- 4 servings tomatoes
- 4 servings tortillas
- 4 servings onion white

Equipment

- food processor
- frying pan
- blender

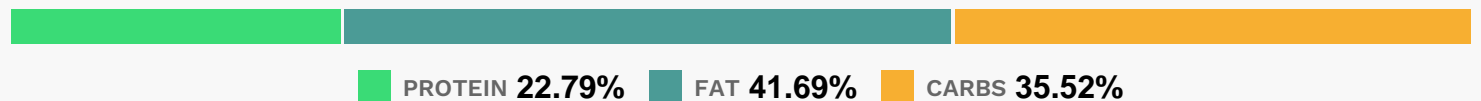
Directions

- For the salsa:Sweat onions, garlic and jalapeño in enough grapeseed oil to coat the vegetables on low heat. Cook until the vegetables are soft but uncolored. Once cooked, place in a blender or food processor with tomatoes and lime juice, and season with salt and pepper to taste.For the tacos:In a medium-sized pan on medium heat, sweat shallots and garlic in the butter and oil and add the potatoes. Once the shallots are translucent and potatoes are light brown, add the eggs and season with salt to taste. Cook the eggs until set but not too dry.Toast the tortillas and assemble as follow: tortilla, eggs, yogurt, sprouts, basil, salsa.More breakfast tacos on Food Republic:The Wrangler Breakfast Taco

- Fried Egg Taco With Avocado And Chipotle Black Beans

- The Best Breakfast Tacos In Austin, Texas

Nutrition Facts



Properties

Glycemic Index:112.69, Glycemic Load:11.41, Inflammation Score:-9, Nutrition Score:30.798695813055%

Flavonoids

Hesperetin: 57.62mg, Hesperetin: 57.62mg, Hesperetin: 57.62mg, Hesperetin: 57.62mg Naringenin: 5.78mg, Naringenin: 5.78mg, Naringenin: 5.78mg, Naringenin: 5.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg

Nutrients (% of daily need)

Calories: 537.59kcal (26.88%), Fat: 26.1g (40.16%), Saturated Fat: 6.49g (40.58%), Carbohydrates: 50.03g (16.68%), Net Carbohydrates: 41.93g (15.25%), Sugar: 17.3g (19.22%), Cholesterol: 184.43mg (61.48%), Sodium: 789.67mg (34.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.11g (64.22%), Vitamin C: 72.26mg (87.59%), Selenium: 41.31µg (59.02%), Vitamin B2: 0.93mg (54.9%), Phosphorus: 513.02mg (51.3%), Vitamin A: 2072.34IU (41.45%), Vitamin E: 6.02mg (40.11%), Calcium: 376.46mg (37.65%), Fiber: 8.1g (32.41%), Potassium: 1054.21mg (30.12%), Vitamin B12: 1.8µg (30%), Folate: 113.85µg (28.46%), Manganese: 0.55mg (27.27%), Vitamin B6: 0.54mg (27.12%), Vitamin K: 27.02µg (25.74%), Vitamin B1: 0.35mg (23.61%), Iron: 3.55mg (19.7%), Vitamin B5: 1.95mg (19.48%), Magnesium: 70.24mg (17.56%), Copper: 0.33mg (16.62%), Vitamin B3: 3.27mg (16.35%), Zinc: 2.41mg (16.04%), Vitamin D: 0.88µg (5.87%)