



Scrambled Egg and Swiss Chard Tacos



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cilantro leaves minced
- ☐ 35 servings corn tortillas warmed for serving
- ☐ 6 large eggs lightly beaten (large)
- ☐ 35 servings kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 35 servings pepper freshly ground
- ☐ 2 plum tomatoes seeded chopped
- ☐ 2 serrano chiles minced seeded

- ☐ 1.3 pounds swiss chard thinly sliced
- ☐ 10 tablespoons onion white minced

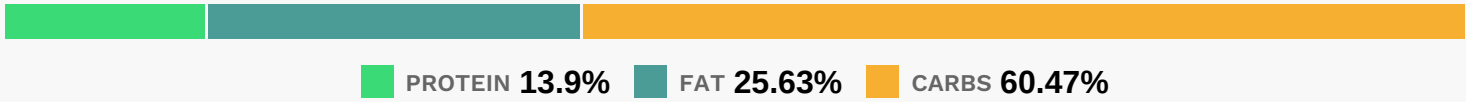
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet, heat the oil until shimmering.
- ☐ Add 1/2 cup of the onion, the chiles and a generous pinch of salt and cook over moderate heat, stirring, until the onion is just starting to brown, 8 minutes.
- ☐ Add the Swiss chard and cook, stirring, until softened, 5 minutes. Stir in the eggs and tomatoes and cook over moderately low heat, stirring, until the eggs are just cooked, 5 minutes. Stir in the remaining 2 tablespoons of onion and the cilantro and season with salt and pepper.
- ☐ Serve the eggs in warm tortillas.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:5.25, Inflammation Score:-7, Nutrition Score:9.3256521380466%

Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 81.24kcal (4.06%), Fat: 2.4g (3.7%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 10.73g (3.9%), Sugar: 0.67g (0.74%), Cholesterol: 31.89mg (10.63%), Sodium: 252.54mg (10.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin K: 135.57µg (129.11%), Vitamin A: 1073.22IU (21.46%), Phosphorus: 108.05mg (10.81%), Magnesium: 33.81mg (8.45%), Manganese: 0.17mg (8.41%), Fiber: 2.03g (8.11%), Vitamin C: 5.72mg (6.93%), Selenium: 4.38µg (6.26%), Vitamin B6: 0.1mg (4.79%), Iron: 0.8mg

(4.42%), Vitamin B2: 0.07mg (4.27%), Vitamin E: 0.61mg (4.05%), Copper: 0.08mg (4.02%), Potassium: 136.75mg (3.91%), Calcium: 35.76mg (3.58%), Zinc: 0.52mg (3.49%), Vitamin B1: 0.04mg (2.49%), Vitamin B3: 0.49mg (2.46%), Folate: 8.79µg (2.2%), Vitamin B5: 0.2mg (1.97%), Vitamin B12: 0.08µg (1.27%), Vitamin D: 0.17µg (1.14%)