



Soft Tacos with Green Chile–Cilantro Rice and Egg



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chilis green undrained chopped canned
- ☐ 1 cup brown rice hot cooked
- ☐ 8 corn tortillas
- ☐ 6 large egg whites
- ☐ 2 large eggs
- ☐ 3 tablespoons skim milk fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup tomatoes chopped

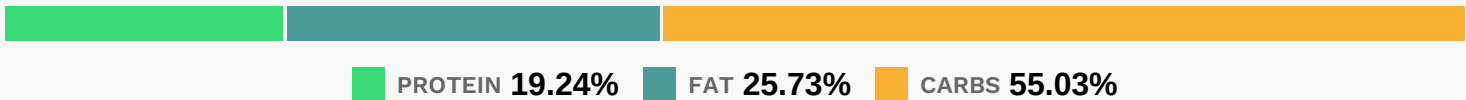
Equipment

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

Directions

- ☐ Combine first 3 ingredients in a medium bowl, stirring with a whisk.
- ☐ Combine onion and next 6 ingredients in another medium bowl, stirring with a spoon.
- ☐ Add rice; stir gently. Cover and keep warm.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add egg mixture to pan; cook over medium heat 2 minutes. Do not stir until mixture begins to set on bottom. Draw a heat-resistant spatula through egg mixture to form large curds. Do not stir constantly. Egg mixture is done when thickened, but still moist.
- ☐ Remove from heat.
- ☐ Warm tortillas according to package directions. Spoon scrambled egg evenly over tortillas; top evenly with rice mixture, and fold in half.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:59.49, Glycemic Load:16.07, Inflammation Score:-5, Nutrition Score:13.164782731429%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 277.76kcal (13.89%), Fat: 8.03g (12.36%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 38.66g (12.89%), Net Carbohydrates: 33.62g (12.23%), Sugar: 2.15g (2.39%), Cholesterol: 93.34mg (31.11%), Sodium: 419.94mg (18.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.03%), Manganese: 0.75mg (37.68%), Selenium: 21.14µg (30.2%), Phosphorus: 280.15mg (28.02%), Vitamin B2: 0.4mg (23.67%), Fiber: 5.03g (20.13%), Magnesium: 73.16mg (18.29%), Vitamin C: 13.21mg (16.02%), Vitamin B6: 0.3mg (14.92%), Iron: 2.05mg (11.39%), Potassium: 351.66mg (10.05%), Folate: 39.67µg (9.92%), Calcium: 97.15mg (9.71%), Zinc: 1.45mg (9.67%), Vitamin B3: 1.8mg (9.01%), Vitamin B1: 0.13mg (8.69%), Vitamin B5: 0.82mg (8.18%), Copper: 0.16mg (8.16%), Vitamin A: 347.6IU (6.95%), Vitamin E: 1mg (6.65%), Vitamin K: 6.07µg (5.78%), Vitamin B12: 0.33µg (5.54%), Vitamin D: 0.62µg (4.16%)