



Steak and Blue Cheese Breakfast Tacos

READY IN



30 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado pitted ripe peeled sliced
- 4 oz cheese blue crumbled
- 4 eggs
- 0.5 cup milk
- 4 servings salt and pepper
- 2 rump steak thin-cut
- 0.3 cup baking mix bisquick heart smart®

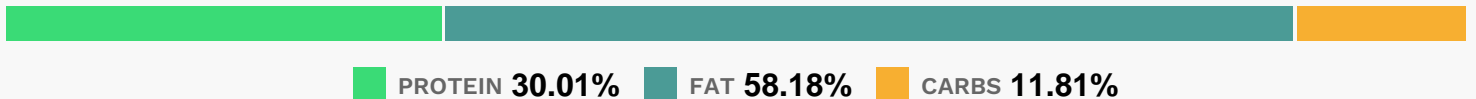
Equipment

- bowl
- frying pan
- whisk
- grill
- stove
- spatula
- grill pan

Directions

- Heat nonstick grill pan over medium-high heat. Season steaks with salt and pepper on both sides. Once pan is hot, grill steaks 1 to 2 minutes per side, to desired doneness.
- Remove from heat, and let sit 10 minutes before thinly slicing.
- In large bowl, beat Bisquick Heart Smart mix, milk, eggs and a few pinches of salt and pepper with whisk until well combined.
- Heat omelet pan on stove over medium heat.
- Add one-fourth of the egg mixture, and cook until top is set.
- Sprinkle half of the omelet with 1 oz blue cheese and one-fourth of the steak slices. Using spatula, gently fold other half over filling. Cook 1 to 2 minutes longer or until blue cheese is nice and melty.
- Transfer to plate; repeat to use up egg mixture and filling. Arrange half of a sliced avocado on each plate with the omelet.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:28.84565216562%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 526.74kcal (26.34%), Fat: 34.45g (52.99%), Saturated Fat: 11.62g (72.59%), Carbohydrates: 15.72g (5.24%), Net Carbohydrates: 8.83g (3.21%), Sugar: 3.31g (3.68%), Cholesterol: 257.68mg (85.89%), Sodium: 761.02mg (33.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.98g (79.96%), Selenium: 47.98µg (68.54%), Phosphorus: 555.42mg (55.54%), Vitamin B6: 1.08mg (54.18%), Vitamin B3: 10.83mg (54.14%), Zinc: 6.81mg (45.42%), Vitamin B12: 2.28µg (37.94%), Vitamin B2: 0.64mg (37.4%), Vitamin B5: 3.48mg (34.77%), Folate: 136.36µg (34.09%), Potassium: 1065.19mg (30.43%), Fiber: 6.89g (27.56%), Calcium: 269.09mg (26.91%), Vitamin K: 23.97µg (22.82%), Vitamin E: 3.01mg (20.07%), Iron: 3.46mg (19.23%), Magnesium: 72.48mg (18.12%), Copper: 0.33mg (16.42%), Vitamin B1: 0.22mg (14.82%), Vitamin A: 650.35IU (13.01%), Vitamin C: 10.07mg (12.21%), Manganese: 0.2mg (10.03%), Vitamin D: 1.47µg (9.8%)