



## Sunrise Taco

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 oz cheddar cheese halved cut into 2 slices, diagonally kraft
- 2 eggs beaten
- 0.3 tsp pepper
- 2 Tbsp taco bellâ® & chunky salsa thick
- 0.3 tsp salt
- 1 taco bellâ® crunchy taco shell

## Equipment

- frying pan

## Directions

- Cook eggs in nonstick skillet until set, stirring occasionally. Season with salt and pepper.
- Spoon evenly into taco shell. Arrange cheese triangles in shell to resemble a sunrise.
- Serve topped with the salsa.

## Nutrition Facts



**PROTEIN 18.14%** **FAT 57.15%** **CARBS 24.71%**

## Properties

Glycemic Index:5.9, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.4947825929393%

## Nutrients (% of daily need)

Calories: 48.42kcal (2.42%), Fat: 3.02g (4.64%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.75g (1%), Sugar: 0.18g (0.2%), Cholesterol: 35.57mg (11.86%), Sodium: 129.3mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.31%), Selenium: 3.54µg (5.06%), Iron: 0.84mg (4.66%), Vitamin B2: 0.05mg (3.17%), Phosphorus: 31.64mg (3.16%), Calcium: 26.24mg (2.62%), Vitamin A: 93.48IU (1.87%), Vitamin B12: 0.11µg (1.81%), Vitamin B5: 0.15mg (1.55%), Zinc: 0.23mg (1.5%), Vitamin D: 0.19µg (1.29%), Folate: 4.88µg (1.22%), Vitamin B6: 0.02mg (1.17%), Vitamin E: 0.16mg (1.05%)