



## Sunrise Tacos

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4.7 oz taco shells (10 Count)
- 1 lb hash browns refrigerated
- 20 little wieners smoked (from 1-lb package)
- 8 small slices pepperoni
- 4 slices at least of turkey bacon
- 6 eggs
- 2 oz cheddar cheese shredded
- 0.3 cup salsa thick

- 4 oz chilis green chopped canned
- 1 serving salt to taste
- 1 serving bell pepper to taste
- 1 tablespoon butter
- 2 grape tomatoes
- 1 serving cream sour

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk

## Directions

- Heat oven to 325°F.
- Heat taco shells as directed on box. Grease cookie sheet with shortening. Increase oven temperature to 400°F.
- Place hash brown potatoes on cookie sheet; bake 35 minutes, stirring twice, until brown.
- Meanwhile, in 12-inch skillet, cook sausages, pepperoni and bacon over medium-high heat until browned.
- Remove from skillet; set aside. Wipe skillet clean with paper towel.
- In medium bowl, beat eggs with wire whisk. Stir in cheese, salsa, green chiles, salt and pepper. In same skillet, melt butter over medium heat.
- Pour egg mixture into skillet; cook about 5 minutes, stirring frequently, until eggs are set but still moist.
- Divide cooked potatoes evenly onto 4 plates. Stand warm taco shells on top of potatoes. Divide egg mixture evenly into shells. Poke sausages into eggs to resemble sunrays.

- Cut each cooked bacon slice into lip shape; cut tomatoes in half. Using sour cream for glue and on outside of shells, arrange pepperoni for eyes, tomato half for nose and bacon for lips. If desired, garnish with additional cheese and sour cream.

## Nutrition Facts

**PROTEIN 16.5%** **FAT 54.55%** **CARBS 28.95%**

### Properties

Glycemic Index:56, Glycemic Load:19.02, Inflammation Score:-8, Nutrition Score:22.268260831418%

### Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 650.91kcal (32.55%), Fat: 39.67g (61.03%), Saturated Fat: 14.01g (87.59%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 42.27g (15.37%), Sugar: 3.15g (3.5%), Cholesterol: 305.92mg (101.97%), Sodium: 1433.4mg (62.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27g (54%), Vitamin C: 44.34mg (53.75%), Phosphorus: 507.76mg (50.78%), Selenium: 30.77µg (43.95%), Vitamin B2: 0.48mg (28.4%), Vitamin A: 1415.65IU (28.31%), Zinc: 3.63mg (24.23%), Iron: 4.24mg (23.55%), Vitamin B6: 0.47mg (23.27%), Potassium: 779.39mg (22.27%), Folate: 88.89µg (22.22%), Manganese: 0.44mg (21.83%), Calcium: 209.44mg (20.94%), Fiber: 5.09g (20.35%), Vitamin B3: 3.76mg (18.78%), Magnesium: 71.09mg (17.77%), Copper: 0.33mg (16.71%), Vitamin B1: 0.25mg (16.6%), Vitamin B5: 1.6mg (15.97%), Vitamin B12: 0.82µg (13.73%), Vitamin E: 1.85mg (12.35%), Vitamin D: 1.49µg (9.91%), Vitamin K: 6.82µg (6.5%)