

Sunrise Tacos

Gluten Free







LUNCH

MAIN COURSE

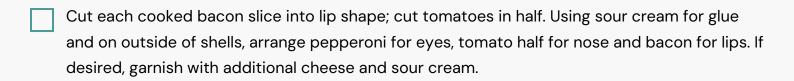
MAIN DISH

DINNER

Ingredients

1 tablespoon butter
O.5 can chilis green chopped (4-oz size)
20 little wieners smoked (from 1-lb package)
6 eggs
2 grape tomatoes
1 lb hash browns refrigerated
4 servings bell pepper to taste
8 small slices pepperoni

	0.3 cup salsa thick	
	4 servings salt to taste	
	2 oz cheddar cheese shredded	
	4 servings cream sour	
	4 taco shells	
	4 slices at least of turkey bacon	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	paper towels	
	oven	
	whisk	
D:		
ווט	rections	
Ш	Heat oven to 325F.	
	Heat taco shells as directed on box. Grease cookie sheet with shortening. Increase oven temperature to 400F.	
	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.	



Nutrition Facts

PROTEIN 17.98% FAT 56.75% CARBS 25.27%

Properties

Glycemic Index:56, Glycemic Load:11.5, Inflammation Score:-9, Nutrition Score:25.912608893021%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.02mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 578.83kcal (28.94%), Fat: 36.9g (56.76%), Saturated Fat: 13.44g (84%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 32.37g (11.77%), Sugar: 5.48g (6.09%), Cholesterol: 311.23mg (103.74%), Sodium: 1458.25mg (63.4%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 26.3g (52.61%), Vitamin C: 111.08mg (134.64%), Vitamin A: 3199.62IU (63.99%), Phosphorus: 477.91mg (47.79%), Selenium: 30.09µg (42.98%), Vitamin B2: 0.52mg (30.83%), Vitamin B6: 0.57mg (28.57%), Potassium: 843.27mg (24.09%), Folate: 92.75µg (23.19%), Zinc: 3.45mg (22.99%), Iron: 3.95mg (21.93%), Calcium: 196.1mg (19.61%), Vitamin B3: 3.82mg (19.12%), Manganese: 0.38mg (18.95%), Fiber: 4.59g (18.36%), Vitamin B5: 1.79mg (17.92%), Vitamin E: 2.62mg (17.48%), Copper: 0.32mg (16.07%), Vitamin B1: 0.23mg (15.56%), Magnesium: 60.44mg (15.11%), Vitamin B12: 0.84µg (14.05%), Vitamin D: 1.49µg (9.91%), Vitamin K: 7.86µg (7.49%)