



Sunrise Tacos

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.5 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

Directions

- 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.

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 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: 0.45mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, 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: 0g (100%), Alcohol %: 0% (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%)