



Texas Sunrise Taco

READY IN



20 min.

SERVINGS



20

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 egg whites
- 6 6-inch flour tortillas warmed ()
- 0.5 cup cilantro leaves fresh chopped
- 2 green onions thinly sliced
- 2 tsp jalapeño peppers finely chopped
- 0.8 cup milk four cheese shredded 2% mexican style kraft finely
- 1 large tomatoes chopped
- 4 eggs whole

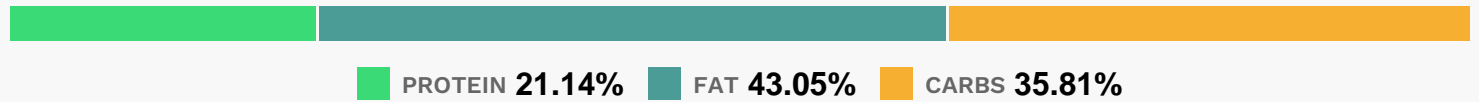
Equipment

- frying pan
- whisk

Directions

- Combine first 3 ingredients.
- Whisk whole eggs and egg whites until blended; pour into large nonstick skillet. Cook on medium heat 2 to 3 min. or until soft set, stirring occasionally.
- Spoon eggs onto tortillas; top with cheese, tomato mixture and cilantro. Fold in half.

Nutrition Facts



Properties

Glycemic Index:8.65, Glycemic Load:1.58, Inflammation Score:-2, Nutrition Score:3.241739143496%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 58.8kcal (2.94%), Fat: 2.79g (4.3%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.67g (0.74%), Cholesterol: 37.74mg (12.58%), Sodium: 148.69mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Selenium: 6.16µg (8.8%), Vitamin B2: 0.13mg (7.63%), Phosphorus: 58.29mg (5.83%), Vitamin K: 5.26µg (5%), Calcium: 48.1mg (4.81%), Folate: 16.95µg (4.24%), Vitamin B1: 0.06mg (4.14%), Vitamin A: 187.84IU (3.76%), Manganese: 0.06mg (3.17%), Iron: 0.57mg (3.17%), Vitamin B12: 0.18µg (2.93%), Vitamin B6: 0.05mg (2.7%), Vitamin B3: 0.53mg (2.65%), Vitamin C: 1.98mg (2.4%), Zinc: 0.35mg (2.31%), Vitamin B5: 0.22mg (2.22%), Fiber: 0.47g (1.9%), Potassium: 59.6mg (1.7%), Magnesium: 5.83mg (1.46%), Vitamin D: 0.2µg (1.32%), Copper: 0.03mg (1.29%), Vitamin E: 0.17mg (1.13%)