



The Wrangler Breakfast Taco

READY IN



25 min.

SERVINGS



1

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving brisket smoked
- 2 eggs beaten
- 1 serving flour tortilla
- 1 serving monterrey jack cheese
- 1 serving potatoes cooked
- 1 serving salsa

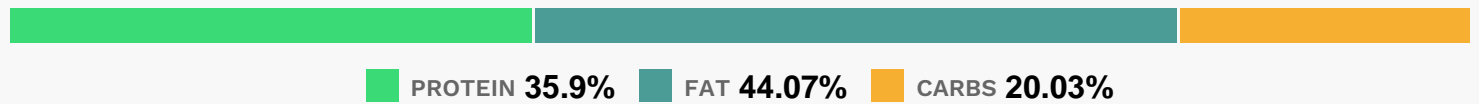
Equipment

- frying pan

Directions

- Sauté seasoned breakfast potatoes in a pan until warm throughout.
- Pour beaten eggs on top of potatoes. While egg is cooking, cook brisket on medium heat in another pan until cooked through. Flip egg and potato mixture. Once egg is prepared, layer tortilla with potato and egg mixture, cooked brisket and jack cheese.
- Serve with your favorite salsa. Try out these brunch recipes on Food Republic: [Hangtown Fry Recipe](#)
- [Smashed Potato Bomb With Fried Eggs Recipe](#)
- [Spinach, Soft Egg And Parmesan Pizzetta Recipe](#)

Nutrition Facts



Properties

Glycemic Index:144.75, Glycemic Load:4.81, Inflammation Score:-5, Nutrition Score:20.432173894799%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 363.17kcal (18.16%), Fat: 17.4g (26.76%), Saturated Fat: 6.03g (37.69%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 16.14g (5.87%), Sugar: 2.67g (2.97%), Cholesterol: 380.95mg (126.98%), Sodium: 628.89mg (27.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.89g (63.77%), Selenium: 48.08µg (68.69%), Vitamin B12: 2.86µg (47.62%), Phosphorus: 422.14mg (42.21%), Vitamin B2: 0.65mg (37.98%), Zinc: 5.05mg (33.7%), Vitamin B6: 0.58mg (29.22%), Vitamin B3: 5.11mg (25.55%), Iron: 4.41mg (24.5%), Folate: 77.13µg (19.28%), Vitamin B1: 0.28mg (18.88%), Vitamin B5: 1.77mg (17.65%), Potassium: 527.02mg (15.06%), Vitamin A: 636.51IU (12.73%), Vitamin D: 1.77µg (11.77%), Calcium: 113.87mg (11.39%), Manganese: 0.22mg (11.13%), Vitamin E: 1.59mg (10.59%), Magnesium: 42.01mg (10.5%), Copper: 0.18mg (9.24%), Fiber: 1.65g (6.59%), Vitamin K: 4.92µg (4.68%)