



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Breakfast Taco <sup>••</sup>

A delicious and filling breakfast option that combines the flavors of tacos with traditional breakfast ingredients. It is typically consumed in the morning and can be customized with various toppings and fillings.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

300 g	tortillas
8 pieces	Eggs
200 g	bacon
200 g	cheddar cheese

2 pieces	Avocado
200 g	Tomatoes
100 g	onion
50 g	Cilantro
100 g	salsa

## Directions

---

### Step 1

Frying

Cook the bacon until crispy.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

---

### Step 2

Stove

Scramble the eggs in a separate pan.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

---

### Step 3

Stove

Warm the tortillas in a dry skillet.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

## Step 4

Assemble the tacos by layering the scrambled eggs, bacon, cheese, avocado, tomatoes, onion, cilantro, and salsa on the warm tortillas.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 25 g

**Protein:** 15 g

**Carbohydrates:** 20 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	250 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Spring

Summer

### Meal Type

Breakfast

Lunch

Snack

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

### Kitchen Tools

Blender

Oven

### Course

Appetizers

Main Dishes

Salads

Snacks

### Cultural

Chinese New Year

### Demographics

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

### Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)