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Breakfast Taquitos ♦

Breakfast Taquitos are a delicious and savory breakfast option. They are typically made with tortillas filled with scrambled eggs, cheese, and various other ingredients such as bacon, sausage, or vegetables. The taquitos are then rolled up and baked or fried until crispy. They are often served with salsa, guacamole, or sour cream.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

8 tortillas	flour tortillas
6 eggs	Eggs
200 g	Cheddar Cheese
8 strips	bacon
250 g	Sausage

100 g	bell pepper
100 g	onion
1 teaspoon	Salt
1 teaspoon	Pepper
2 tablespoon	vegetable oil

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Frying

In a large skillet, cook the bacon until crispy. Remove from the skillet and crumble into small pieces.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Frying

In the same skillet, cook the sausage until browned. Remove from the skillet and crumble into small pieces.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Mixing

In a separate bowl, whisk the eggs. Season with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Sautéing

In the same skillet, cook the bell pepper and onion until softened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Cooking

Add the whisked eggs to the skillet and scramble until cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Oven

Warm the tortillas in the oven for a few minutes to make them pliable.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Place a spoonful of the scrambled egg mixture onto each tortilla. Top with crumbled bacon, sausage, and shredded cheddar cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Roll up the tortillas tightly and secure with toothpicks if necessary.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Baking

Place the taquitos on a baking sheet and brush with vegetable oil.

Prep Time: 0 mins

Cook Time: 5 mins

Step 11

Baking

Bake in the preheated oven for 15-20 minutes, or until the tortillas are crispy and golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Step 12

Serving

Serve the Breakfast Taquitos with salsa, guacamole, or sour cream.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer

Meal Type

Breakfast Lunch Snack Brunch

Nutritional Content

Low Calorie High Protein Low Fat Low Carb

Kitchen Tools

Blender Slow Cooker

Course

Appetizers Main Dishes Side Dishes Drinks Salads Snacks

Cultural

Chinese New Year Diwali Easter

Difficulty Level

Medium

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