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Steak Breakfast Taco

A delicious breakfast taco made with steak as the main ingredient. It is a popular dish that is often consumed in the morning and is perfect for starting the day with a hearty and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

300 g	steak
4 pieces	tortillas
4 pieces	Eggs
100 g	Cheddar Cheese

100 g	Avocado
100 g	Tomatoes
50 g	onion
25 g	Cilantro
1 pieces	Lime
1 tsp	Salt
1 tsp	Pepper
2 tbsp	Olive oil

Directions

Step 1

Grilling

Season the steak with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Cook the steak on a hot grill for 4-5 minutes per side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Resting

Remove the steak from the grill and let it rest for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Cutting

Slice the steak into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stove

In a separate pan, heat olive oil over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Stove

Scramble the eggs in the pan until cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Stove

Warm the tortillas in a dry pan or directly over the flame until soft and pliable.

Prep Time: 0 mins

Cook Time: 2 mins

Step 8

Assemble the tacos by placing the sliced steak, scrambled eggs, cheddar cheese, avocado, tomatoes, onion, and cilantro on each tortilla.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Squeeze lime juice over the tacos and season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
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	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%
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	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	25 mg	227.27%	312.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Easter Thanksgiving Halloween Valentine's Day Mother's Day
Father's Day Anniversary Graduation Barbecue Picnic Game Day

Cuisines

Italian Mexican American

Nutritional Content

High Protein Low Fat Low Carb

Kitchen Tools

Blender Slow Cooker

Course

Appetizers

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Medium

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