



Healthdor

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Egg & Cheese Taco ♦♦

A delicious taco filled with scrambled eggs and melted cheese, wrapped in a flour tortilla. Perfect for breakfast or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 pieces	Eggs
100 g	cheese
2 pieces	flour tortillas
50 g	refried beans

Directions

Step 1

Stove

Scramble the eggs in a pan over medium heat.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Warm the flour tortillas in a separate pan.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Spread refried beans on the tortillas.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Divide the scrambled eggs and cheese between the tortillas.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Fold the tortillas in half to form tacos.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	250 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
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%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

Meal Type

Breakfast

Lunch

Snack

Supper

Nutritional Content

Low Calorie

Course

Salads

Snacks

Cultural

Chinese New Year

Easter

Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Atkins Diet

Vegetarian Diet

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Irritable bowel syndrome (IBS)

Celiac disease

Difficulty Level

Medium

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