



Breakfast Chorizo Quesadilla Topped with a Fried Egg



Gluten Free



Popular

READY IN



30 min.

SERVINGS



1

CALORIES



776 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 small avocado cubed
- ☐ 1 chorizo sausage
- ☐ 1 tablespoon cilantro leaves
- ☐ 0.3 cup jack shredded
- ☐ 1 eggs
- ☐ 1 green onion sliced
- ☐ 1 jalapeno

- ☐ 0.3 cup cheddar shredded
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 1 10-inch tortillas ()

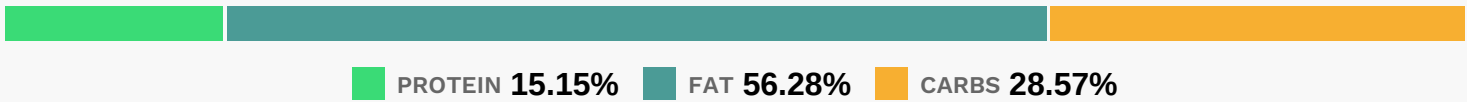
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Grill or broil the jalapeno pepper until tender and slightly charred, about 4–5 minutes and slice it when cool enough to handle.Cook the sausage in a pan over medium heat, breaking it apart as you go, about 4–5 minutes.
- ☐ Place the tortilla in the pan over medium heat, sprinkle half of the cheese over half of the tortilla, then top with the chorizo, jalapenos, green onion and cilantro and finally the remaining cheese.Fold the tortilla in half covering the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2–4 minutes per side.Fry the egg in the pan until cooked, about 2–3 minutes.
- ☐ Serve the quesadilla topped with the fried egg and garnished with the avocado, sour cream and more green onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:272, Glycemic Load:18.92, Inflammation Score:-9, Nutrition Score:31.086522102356%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 775.69kcal (38.78%), Fat: 49.14g (75.6%), Saturated Fat: 19.87g (124.2%), Carbohydrates: 56.11g (18.7%), Net Carbohydrates: 45.59g (16.58%), Sugar: 12.66g (14.06%), Cholesterol: 265.33mg (88.44%), Sodium: 777.48mg (33.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.76g (59.52%), Vitamin C: 51.83mg (62.82%), Selenium: 38.09µg (54.41%), Vitamin K: 55.81µg (53.15%), Folate: 196.15µg (49.04%), Phosphorus: 439.02mg (43.9%), Vitamin B2: 0.72mg (42.15%), Fiber: 10.52g (42.07%), Calcium: 390.19mg (39.02%), Vitamin B1: 0.5mg (33.56%), Vitamin A: 1558.76IU (31.18%), Vitamin B6: 0.6mg (30.05%), Iron: 5.26mg (29.2%), Manganese: 0.56mg (27.86%), Vitamin B3: 5.53mg (27.64%), Potassium: 927.12mg (26.49%), Vitamin B5: 2.49mg (24.95%), Vitamin E: 3.52mg (23.45%), Magnesium: 75.22mg (18.8%), Zinc: 2.78mg (18.53%), Copper: 0.36mg (17.78%), Vitamin B12: 0.72µg (11.94%), Vitamin D: 1.05µg (7%)