



Breakfast Pizza Mexicali

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 ounce chorizo
- 1 serving cilantro leaves fresh for serving, optional
- 0.5 cup egg substitute fat-free
- 1 slices cranberry–orange relish for serving, optional
- 0.3 cup salsa
- 0.3 cup cheddar cheese shredded reduced-fat (2-percent milk)

Equipment

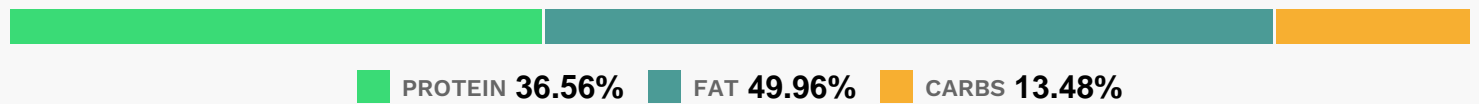
- frying pan

spatula

Directions

- Watch how to make this recipe.
- Bring a skillet coated with nonstick cooking spray to medium heat.
- Add soy chorizo and cook for about 3 minutes, using a spatula to crumble. Set aside.
- Bring a small skillet coated with nonstick spray to medium heat.
- Pour in egg substitute. Cover and then cook until egg "crust" starts to form, about 3 minutes.
- Carefully flip your egg. Top your egg crust with salsa, cooked chorizo, and cheese. Cover again and cook over low heat until cheese has melted, 1 to 2 minutes.
- Garnish with orange slices and cilantro, if using. Enjoy!

Nutrition Facts



Properties

Glycemic Index:102.5, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:16.303478199503%

Flavonoids

Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 264.29kcal (13.21%), Fat: 14.7g (22.62%), Saturated Fat: 7.31g (45.67%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 7.42g (2.7%), Sugar: 6.53g (7.26%), Cholesterol: 44.32mg (14.77%), Sodium: 835.49mg (36.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.41%), Selenium: 54.42µg (77.74%), Vitamin B2: 0.58mg (34.05%), Calcium: 295.99mg (29.6%), Phosphorus: 231.85mg (23.18%), Vitamin B5: 2.23mg (22.29%), Iron: 3.38mg (18.76%), Vitamin E: 2.8mg (18.66%), Vitamin A: 906.02IU (18.12%), Vitamin B6: 0.3mg (14.98%), Zinc: 2.16mg (14.39%), Vitamin D: 2.06µg (13.73%), Potassium: 472.96mg (13.51%), Vitamin B12: 0.75µg (12.54%), Vitamin B1: 0.19mg (12.36%), Vitamin C: 9.31mg (11.28%), Magnesium: 36.18mg (9.04%), Folate: 29.7µg (7.43%), Fiber: 1.51g (6.04%), Vitamin B3: 0.97mg (4.84%), Manganese: 0.09mg (4.54%), Copper: 0.08mg (4.11%), Vitamin K: 3.98µg (3.79%)