



Breakfast Queso Fundido

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



639 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 ounces chorizo fresh
- 6 servings tortilla chips warmed for serving
- 4 large eggs
- 6 servings hot sauce such as cholula or tapatio, for serving mexican-style
- 0.3 teaspoon kosher salt
- 3.5 cups monterrey jack cheese shredded
- 1 poblano pepper fresh stemmed seeded cut into small dice
- 2 medium spring onion light white green thinly sliced (and parts only)

- 1.3 cups sharp cheddar cheese shredded
- 0.5 medium onion yellow

Equipment

- bowl
- frying pan
- whisk
- wooden spoon
- grill

Directions

- Heat an outdoor grill to medium (about 350°F to 450°F).
- Place a large cast iron skillet on the grill grate and heat until a drop of water sizzles and immediately disappears on the surface, about 5 minutes.
- Add the chorizo, cover the grill, and cook, breaking up the meat into smaller pieces with a wooden spoon and stirring occasionally, until it's cooked through and starting to brown, about 5 to 8 minutes.
- Add the poblano and onion, stir to combine, and cover the grill. Cook, stirring occasionally, until softened, about 8 minutes. Meanwhile, place the eggs and salt in a medium bowl and whisk until the eggs are broken up and evenly combined; set aside. When the vegetables are ready, drizzle in the eggs and let sit undisturbed until they just start to set around the edges, about 30 seconds. Stir the mixture and spread it back into an even layer (the eggs will not be completely cooked at this point). Immediately sprinkle the cheeses in an even layer over the egg mixture, cover the grill, and cook until the cheeses are just melted and starting to bubble, about 5 to 6 minutes.
- Sprinkle with the scallions and serve immediately with hot sauce and chips or tortillas for dipping.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:18.100869520851%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 638.99kcal (31.95%), Fat: 45.77g (70.41%), Saturated Fat: 22.33g (139.58%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 20.26g (7.37%), Sugar: 1.73g (1.92%), Cholesterol: 229.83mg (76.61%), Sodium: 790.31mg (34.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.26g (68.52%), Calcium: 714.28mg (71.43%), Phosphorus: 537.98mg (53.8%), Selenium: 27.76µg (39.66%), Vitamin B2: 0.54mg (32.06%), Zinc: 3.72mg (24.79%), Vitamin A: 1182.2IU (23.64%), Vitamin C: 17.64mg (21.38%), Vitamin K: 20.02µg (19.07%), Vitamin B12: 1.09µg (18.22%), Magnesium: 55.58mg (13.9%), Iron: 2.41mg (13.4%), Vitamin E: 1.79mg (11.93%), Vitamin B6: 0.23mg (11.69%), Vitamin B5: 1.11mg (11.13%), Folate: 42.77µg (10.69%), Fiber: 2.14g (8.54%), Vitamin D: 1.2µg (8.02%), Potassium: 230.54mg (6.59%), Vitamin B1: 0.09mg (5.84%), Copper: 0.1mg (5.05%), Manganese: 0.06mg (3.16%), Vitamin B3: 0.47mg (2.33%)