



Breakfast Queso Fundido



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



451 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 pound chorizo
- ☐ 2 tablespoon cilantro leaves chopped
- ☐ 4 eggs lightly beaten
- ☐ 1 clove garlic chopped
- ☐ 1 jalapeño diced seeded
- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 1 small onion diced
- ☐ 1 tomatoes diced seeded

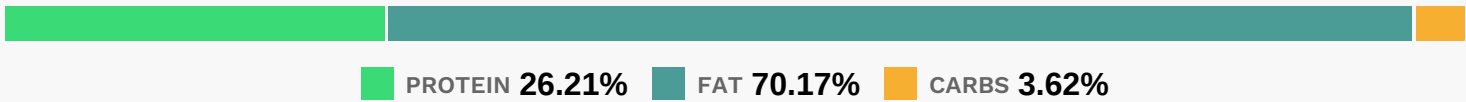
Equipment

☐ frying pan

Directions

- ☐ Cook the chorizo in a pan over medium heat, breaking it apart as you go, about 5–7 minutes.
- ☐ Add the onion, jalapeno and tomato and cook until the onions are tender, about 5–7 minutes.
- ☐ Add the garlic and cook until tender, about a minute.
- ☐ Add the eggs and cook scrambled style until just about set, about 2–3 minutes.
- ☐ Sprinkle on the cheese and cook, stirring, until it melts, about 2–3 minutes.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:12.790000003317%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 451.12kcal (22.56%), Fat: 34.62g (53.26%), Saturated Fat: 17.29g (108.06%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.23g (1.17%), Sugar: 2.15g (2.39%), Cholesterol: 249.58mg (83.19%), Sodium: 405.8mg (17.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.09g (58.19%), Calcium: 456.63mg (45.66%), Phosphorus: 353.47mg (35.35%), Selenium: 21.94µg (31.34%), Vitamin B2: 0.44mg (25.67%), Vitamin A: 1183.9IU (23.68%), Zinc: 2.37mg (15.77%), Vitamin B12: 0.86µg (14.37%), Iron: 2.42mg (13.43%), Vitamin C: 9.95mg (12.06%), Folate: 39.91µg (9.98%), Vitamin B6: 0.19mg (9.47%), Vitamin B5: 0.86mg (8.59%), Vitamin D: 1.22µg (8.13%), Magnesium: 26.49mg (6.62%), Potassium: 217.8mg (6.22%), Vitamin E: 0.91mg (6.07%), Vitamin K: 5.33µg (5.08%), Manganese: 0.09mg (4.65%), Copper: 0.08mg (3.95%), Vitamin B1: 0.05mg (3.24%), Fiber: 0.79g (3.14%), Vitamin B3: 0.34mg (1.7%)