



Broccoli, Potato and Chorizo Scramble

READY IN



20 min.

SERVINGS



6

CALORIES



450 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 eggs
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 clove garlic chopped
- ☐ 19 oz burrito sized tortillas frozen
- ☐ 0.5 lb chorizo sausage cut fully cooked chopped
- ☐ 4 oz chilis green drained chopped canned
- ☐ 2 oz cheddar cheese shredded
- ☐ 1 serving salsa

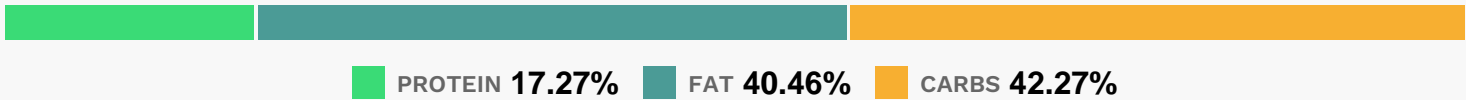
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ In small bowl, beat eggs and milk with fork or whisk; stir in oregano and garlic. Set aside. Cook frozen vegetables as directed on bag; set aside.
- ☐ In 12-inch skillet, cook chorizo over medium heat 2 to 3 minutes, stirring frequently, until hot. Stir in cooked vegetables and chiles; blend well.
- ☐ Pour egg mixture over chorizo mixture. Cook uncovered over medium-low heat about 4 minutes. As mixture begins to set on bottom and side, gently lift cooked portions with spatula so that uncooked portions flow to bottom of skillet. Cook until eggs are thickened throughout but still moist.
- ☐ Sprinkle with cheese. Reduce heat to low. Cover; cook 3 to 5 minutes or until center is set and cheese is melted.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:14.3, Inflammation Score:-6, Nutrition Score:17.095651937568%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 449.72kcal (22.49%), Fat: 19.91g (30.64%), Saturated Fat: 9.06g (56.61%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 43.22g (15.72%), Sugar: 4.23g (4.69%), Cholesterol: 201.02mg (67.01%), Sodium: 899.38mg (39.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.24%), Selenium: 36.57µg (52.25%),

Phosphorus: 330.28mg (33.03%), Vitamin B1: 0.48mg (32.17%), Vitamin B2: 0.52mg (30.49%), Folate: 117.68µg (29.42%), Iron: 4.77mg (26.49%), Calcium: 253.18mg (25.32%), Manganese: 0.48mg (23.78%), Vitamin B3: 4.2mg (21.01%), Vitamin C: 13.58mg (16.46%), Fiber: 3.61g (14.42%), Vitamin A: 590.11IU (11.8%), Zinc: 1.47mg (9.78%), Vitamin B5: 0.93mg (9.29%), Vitamin B12: 0.55µg (9.11%), Vitamin B6: 0.18mg (8.98%), Magnesium: 30.71mg (7.68%), Vitamin K: 7.6µg (7.24%), Vitamin D: 1.05µg (6.99%), Copper: 0.13mg (6.69%), Potassium: 233.63mg (6.68%), Vitamin E: 0.62mg (4.12%)