



Chorizo and Eggs

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



20 min.

SERVINGS



2

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings bacon fat
- 0.3 cup onions optional green red yellow chopped (, , or onions)
- 0.3 pound mexican chorizo sausage
- 3 tablespoons raisins - soaked in water hot drained for 10 minutes and
- 5 to 6 eggs
- 2 servings salt
- 2 servings tortillas - optional
- 2 servings cilantro - optional

Equipment

- frying pan
- spatula

Directions

- Cook the onions:
- Heat a large skillet on medium high heat.
- Heat a tablespoon of olive oil or bacon fat in the pan.
- Add the chopped onions (optional) and cook until softened.
- Add the chorizo and raisins: Once softened, move the onions to the side of the pan and add clumps of chorizo into the pan. Use a wooden spatula to break up the pieces of sausage.
- Add the raisins.
- Stir until the sausage is cooked through, though not necessarily browned. If you are not using lean chorizo, drain the excess fat from the pan before proceeding.
- If you are not using lean chorizo, you may want to cook the chorizo first, draining the excess fat, then remove to a plate while you cook the onions in the remaining fat. We usually cook with lean chorizo, so excess fat isn't an issue.
- Add the eggs: Crack the eggs one at a time, into the pan. Break the yolks and stir the eggs into the sausage.
- Add a light sprinkling of salt.
- Stir constantly until the eggs begin to set, but are still moist.
- Remove from heat.
- Serve immediately with a side of warmed corn tortillas and cilantro as a garnish.

Nutrition Facts

 **PROTEIN 18.59%**  **FAT 65.95%**  **CARBS 15.46%**

Properties

Glycemic Index:46.5, Glycemic Load:5.23, Inflammation Score:-5, Nutrition Score:16.021739213363%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 474.98kcal (23.75%), Fat: 34.31g (52.79%), Saturated Fat: 10.83g (67.7%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 16.6g (6.04%), Sugar: 2.65g (2.95%), Cholesterol: 449.2mg (149.73%), Sodium: 573.87mg (24.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.52%), Selenium: 40.59µg (57.99%), Vitamin B2: 0.59mg (34.98%), Phosphorus: 287.38mg (28.74%), Folate: 85.03µg (21.26%), Vitamin E: 3.18mg (21.19%), Iron: 3.77mg (20.94%), Vitamin A: 886.99IU (17.74%), Vitamin B5: 1.77mg (17.69%), Vitamin B12: 0.98µg (16.32%), Vitamin C: 12.29mg (14.89%), Vitamin D: 2.2µg (14.67%), Vitamin B1: 0.21mg (13.82%), Calcium: 123.97mg (12.4%), Vitamin B6: 0.24mg (11.84%), Zinc: 1.63mg (10.84%), Vitamin K: 11.33µg (10.79%), Manganese: 0.21mg (10.72%), Vitamin B3: 1.44mg (7.2%), Potassium: 228.93mg (6.54%), Copper: 0.12mg (6.24%), Fiber: 1.51g (6.02%), Magnesium: 22.72mg (5.68%)