



Chorizo & fried egg wraps

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



786 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 small chorizo halved
- ☐ 4 eggs
- ☐ 2 tbsp mayonnaise
- ☐ 4 flatbreads
- ☐ 4 handfuls arugula
- ☐ 1 tbsp capers drained

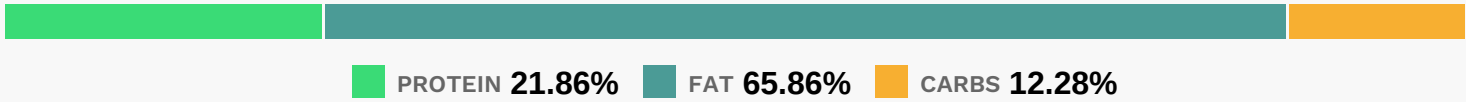
Equipment

- ☐ frying pan

Directions

- ☐ Put the chorizo into a cold frying pan over a low heat, then gradually increase it. Fry until cooked through and beginning to crisp.
- ☐ Lift the chorizo out of the pan, leaving behind just enough oil to stop the eggs sticking. Crack the eggs into the pan and fry them how you like them (an almost-set yolk is best if you want to avoid any drips!).
- ☐ Spread some mayo over each flatbread, add a handful of the rocket and a few capers with two halves of chorizo to each.
- ☐ Put the egg on top, then fold up the end and the two sides before tucking in.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:14.675217296766%

Flavonoids

Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 9.8mg, Kaempferol: 9.8mg, Kaempferol: 9.8mg, Kaempferol: 9.8mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 785.84kcal (39.29%), Fat: 56.14g (86.36%), Saturated Fat: 19.97g (124.82%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 20.72g (7.54%), Sugar: 1.77g (1.97%), Cholesterol: 290.33mg (96.78%), Sodium: 341.61mg (14.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.92g (83.83%), Selenium: 31.35µg (44.79%), Manganese: 0.77mg (38.73%), Iron: 6.16mg (34.21%), Vitamin K: 34.27µg (32.64%), Vitamin A: 1426.79IU (28.54%), Phosphorus: 171.18mg (17.12%), Vitamin B2: 0.25mg (14.98%), Folate: 54.92µg (13.73%), Fiber: 2.83g (11.32%), Vitamin B5: 1.11mg (11.07%), Vitamin B1: 0.16mg (10.87%), Magnesium: 43.06mg (10.76%), Vitamin B6: 0.2mg (9.82%), Copper: 0.17mg (8.61%), Zinc: 1.29mg (8.58%), Vitamin E: 1.04mg (6.91%), Vitamin B12: 0.4µg (6.66%), Calcium: 64.05mg (6.41%), Vitamin B3: 1.24mg (6.22%), Vitamin D: 0.89µg (5.96%), Potassium: 204.76mg (5.85%), Vitamin C: 3.09mg (3.75%)