



Chorizo Migas

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



80 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 lb mexican chorizo
- 6 corn tortillas cut into strips
- 6 eggs beaten
- 1 cup monterrey jack cheese shredded kraft
- 1 Tbsp oil
- 0.5 onion chopped
- 2 jalapeño peppers minced seeded
- 2 plum tomatoes chopped

Equipment

- frying pan
- paper towels

Directions

- Fry tortilla strips in oil in large skillet until golden, but not crisp.
- Drain on paper towels.
- Remove excess oil from skillet.
- Cook chorizo in skillet on medium heat until lightly browned; drain.
- Add onion and peppers; cook 2 minutes. Stir in tomatoes; cook 2 minutes.
- Add fried tortilla strips and eggs to skillet. Cook until eggs are almost set, stirring occasionally.
- Sprinkle with cheese; cover. Cook 1 to 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:1.34, Inflammation Score:-2, Nutrition Score:2.964782629324%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 80.11kcal (4.01%), Fat: 5.25g (8.07%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.57g (0.63%), Cholesterol: 48.98mg (16.33%), Sodium: 45.64mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin C: 8.5mg (10.3%), Phosphorus: 64.3mg (6.43%), Selenium: 4.29µg (6.13%), Calcium: 46.64mg (4.66%), Vitamin B2: 0.07mg (4.36%), Vitamin A: 200.89IU (4.02%), Vitamin B6: 0.06mg (3.16%), Iron: 0.52mg (2.89%), Fiber: 0.65g (2.61%), Zinc: 0.38mg (2.52%), Manganese: 0.04mg (2.2%), Vitamin B12: 0.13µg (2.19%), Magnesium: 8.7mg (2.17%), Folate: 8.2µg (2.05%), Vitamin E: 0.3mg

(2%), Vitamin B5: 0.19mg (1.95%), Potassium: 61.47mg (1.76%), Vitamin D: 0.24µg (1.59%), Vitamin K: 1.65µg (1.57%),
Copper: 0.03mg (1.44%), Vitamin B1: 0.02mg (1.27%)