



# Chorizo, Potato and Green Chile Omelet

 **Gluten Free**

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

330 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 4 ounce chiles green undrained chopped canned
- ☐ 8 ounce four cheese shredded with a touch of philadelphia, divided mexican style kraft
- ☐ 6 ounces chorizo
- ☐ 0.5 cup knudsen cream sour
- ☐ 8 egg whites
- ☐ 3 cups hash browns frozen southern-style
- ☐ 1 small onion red chopped
- ☐ 0.5 cup salsa red

☐ 4 eggs whole

Equipment

☐ frying pan

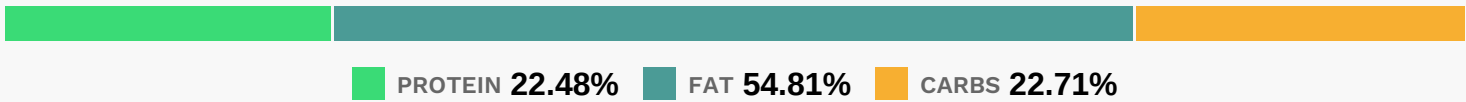
☐ oven

☐ whisk

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Cook chorizo and onions in medium ovenproof skillet on medium heat 8 min. or until chorizo is done, stirring frequently.
- ☐ Add potatoes and chiles; cook 2 min., stirring occasionally.
- ☐ Remove from heat. Stir in 1/2 cup cheese; spread to form even layer in skillet.
- ☐ Whisk eggs and sour cream until well blended; pour over chorizo mixture. Top with remaining cheese.
- ☐ Bake 25 min. or until center is set.
- ☐ Serve topped with salsa.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:4.45, Inflammation Score:-5, Nutrition Score:11.178260870602%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 329.7kcal (16.49%), Fat: 20.08g (30.89%), Saturated Fat: 9.62g (60.15%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 16.85g (6.13%), Sugar: 2.08g (2.31%), Cholesterol: 131.96mg (43.99%), Sodium: 451.86mg (19.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.05%), Selenium: 21.8µg (31.15%), Calcium:

250.06mg (25.01%), Vitamin B2: 0.41mg (23.86%), Phosphorus: 236.59mg (23.66%), Vitamin C: 12.76mg (15.47%), Vitamin A: 664.49IU (13.29%), Potassium: 421.51mg (12.04%), Zinc: 1.61mg (10.76%), Iron: 1.93mg (10.73%), Vitamin B6: 0.19mg (9.75%), Vitamin B12: 0.55µg (9.22%), Vitamin B5: 0.88mg (8.76%), Vitamin B3: 1.67mg (8.37%), Manganese: 0.17mg (8.25%), Folate: 32.42µg (8.11%), Fiber: 1.87g (7.48%), Vitamin B1: 0.11mg (7.39%), Magnesium: 28.07mg (7.02%), Copper: 0.13mg (6.43%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.61µg (4.07%), Vitamin K: 1.7µg (1.62%)