



Chorizo, Potato & Green Chile Omelet

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



53 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 4 oz chiles green undrained chopped canned
- 8 oz four cheese shredded with a touch of philadelphia, divided mexican style kraft
- 6 oz mexican chorizo
- 0.5 cup knudsen cream sour
- 8 egg whites
- 3 cups ore-ida hash brown potatoes diced
- 0.5 cup pico de gallo
- 1 small onion red chopped

4 eggs whole

Equipment

frying pan

oven

whisk

Directions

Heat oven to 350F.

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 blended; pour over chorizo mixture. Top with remaining cheese.

Bake 25 min. or until center is set.

Serve topped with pico de gallo.

Nutrition Facts



Properties

Glycemic Index:2.26, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:1.7095652080101%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 53.05kcal (2.65%), Fat: 3.21g (4.93%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.89g (1.05%), Sugar: 0.45g (0.5%), Cholesterol: 21.11mg (7.04%), Sodium: 71.19mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Selenium: 3.46µg (4.95%), Calcium: 39.28mg (3.93%),

Vitamin B2: 0.06mg (3.77%), Phosphorus: 37.02mg (3.7%), Vitamin C: 2.12mg (2.57%), Vitamin A: 104.48IU (2.09%), Potassium: 60.73mg (1.74%), Zinc: 0.25mg (1.69%), Iron: 0.3mg (1.66%), Vitamin B12: 0.09µg (1.48%), Vitamin B5: 0.13mg (1.35%), Vitamin B6: 0.03mg (1.33%), Folate: 5.08µg (1.27%), Vitamin B3: 0.24mg (1.19%), Manganese: 0.02mg (1.17%), Vitamin B1: 0.02mg (1.12%), Magnesium: 4.1mg (1.03%), Fiber: 0.25g (1.01%)