



Chorizo Scrambled Eggs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 oz chorizo) spanish (spicy cured pork sausage)
- ☐ 4 servings garnish: cilantro leaves fresh chopped
- ☐ 4 servings accompaniment: warm corn tortillas
- ☐ 10 large eggs
- ☐ 2 tablespoons vegetable oil if using chorizo spanish

Equipment

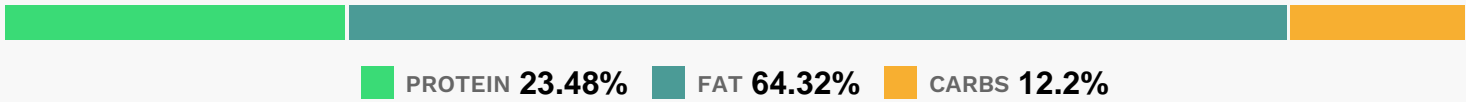
- ☐ bowl
- ☐ frying pan

☐ whisk

Directions

- ☐ If using Spanish chorizo, finely chop, then cook in oil in a 12-inch nonstick skillet over moderate heat, stirring, until browned, 4 to 5 minutes. If using Mexican chorizo, remove from casings and cook (without oil) in skillet, stirring and breaking up meat, until bubbling and completely separated, 4 to 5 minutes.
- ☐ Whisk eggs together in a bowl and stir into chorizo. Cook, stirring, until eggs are scrambled and just set, about 5 minutes.
- ☐ Serve immediately.
- ☐ * Available at Latino markets.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:5.03, Inflammation Score:-4, Nutrition Score:14.430434819068%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 417.06kcal (20.85%), Fat: 29.3g (45.08%), Saturated Fat: 8.86g (55.4%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 10.86g (3.95%), Sugar: 0.69g (0.77%), Cholesterol: 491.58mg (163.86%), Sodium: 189.67mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.07g (48.14%), Selenium: 39.96µg (57.09%), Vitamin B2: 0.59mg (34.61%), Phosphorus: 329.19mg (32.92%), Vitamin B5: 1.95mg (19.45%), Vitamin B12: 1.11µg (18.54%), Iron: 3.33mg (18.51%), Vitamin A: 834.14IU (16.68%), Vitamin D: 2.5µg (16.67%), Folate: 60.11µg (15.03%), Vitamin B6: 0.27mg (13.48%), Zinc: 1.95mg (13.02%), Vitamin E: 1.94mg (12.96%), Vitamin K: 13.19µg (12.56%), Calcium: 91.13mg (9.11%), Magnesium: 33.75mg (8.44%), Fiber: 1.64g (6.56%), Copper: 0.13mg (6.51%), Potassium: 221.38mg (6.33%), Manganese: 0.12mg (6.01%), Vitamin B1: 0.07mg (4.97%), Vitamin B3: 0.48mg (2.42%)