



Christmas Migas for Mija?

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



682 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup roasted and chile green peeled chopped to taste ()
- ☐ 1.3 cup cilantro leaves coarsely chopped
- ☐ 0.5 cup black beans cooked
- ☐ 2 cup cotija cheese divided grated ()
- ☐ 0.3 cup mexican cream sour plus more to taste)
- ☐ 4 servings salt to taste
- ☐ 2.8 cups tortilla chips preferably stale
- ☐ 2 tablespoon butter unsalted

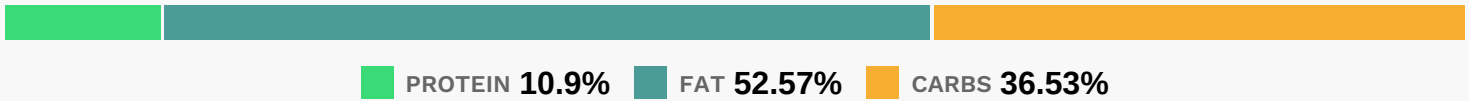
Equipment

☐ frying pan

Directions

- ☐ Melt the butter over medium heat in a large nonstick skillet.
- ☐ Add the green onions and cook until they wilt slightly, 1 to 2 minutes.
- ☐ Add the green chile and cook until fragrant, another minute or two.
- ☐ Add the beaten eggs and let sit until they just begin to set, about 1 minute. Salt lightly, sprinkle the tortilla chips over top of the eggs and stir, folding the unset egg over the chips. Cook quickly (to keep the chips from softening), stirring until the eggs are almost set, then stir in half of the cotija cheese. When the eggs are set to your taste, an additional 2 to 3 minutes, divide the mixture evenly among 4 to 6 heated plates, or serve it family style on a large platter. Spoon over the black beans, then the remaining cheese, sour cream and the cilantro.
- ☐ Serve immediately. Like this: Like Loading...

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.08, Inflammation Score:-8, Nutrition Score:20.835652112961%

Flavonoids

Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 681.65kcal (34.08%), Fat: 40.66g (62.55%), Saturated Fat: 15.83g (98.92%), Carbohydrates: 63.55g (21.18%), Net Carbohydrates: 57.13g (20.77%), Sugar: 1.62g (1.8%), Cholesterol: 89.62mg (29.87%), Sodium: 1373.16mg (59.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.97g (37.94%), Calcium: 489.42mg (48.94%), Phosphorus: 468.85mg (46.89%), Vitamin B2: 0.72mg (42.33%), Vitamin K: 35.18µg (33.5%), Vitamin B6: 0.53mg (26.47%), Fiber: 6.42g (25.68%), Magnesium: 99.31mg (24.83%), Zinc: 3.55mg (23.65%), Vitamin E: 3.28mg (21.85%), Selenium: 15.15µg (21.64%), Vitamin B12: 1.28µg (21.32%), Vitamin A: 988.12IU (19.76%), Vitamin B1: 0.29mg (19.27%), Vitamin C: 14.82mg (17.97%), Folate: 70.99µg (17.75%), Vitamin B5: 1.77mg (17.69%), Iron: 2.33mg (12.94%), Potassium: 324.68mg (9.28%), Copper: 0.17mg (8.51%), Vitamin B3: 1.69mg (8.45%), Manganese: 0.16mg (7.8%), Vitamin D: 0.41µg (2.7%)