



Cook the Book: Migas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



410 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 servings canola oil for frying
- ☐ 0.3 cup cilantro leaves
- ☐ 4 corn tortillas
- ☐ 10 eggs
- ☐ 1 bell pepper green
- ☐ 0.3 cup half and half
- ☐ 1 tablespoon olive oil

- ☐ 1 medium onion
- ☐ 1 slices cranberry-orange relish for garnish
- ☐ 2 cups pepper jack cheese grated
- ☐ 1 bell pepper red
- ☐ 6 servings salt and pepper black to taste
- ☐ 0.3 cup cream sour
- ☐ 4 tomatoes

Equipment

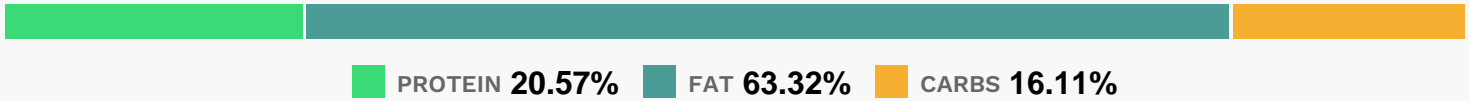
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Begin by roughly chopping the onion, bell peppers, and tomatoes. Finely dice the fresh jalapeños, removing white membranes and seeds, using disposable gloves to protect your hands.
- ☐ In a bowl, lightly beat the eggs and half-and-half. Lightly season with salt and pepper.
- ☐ Finally, in a small skillet, fry the corn tortillas in canola oil until just barely crisp. Don't overbrown.
- ☐ Fry them just until they're no longer floppy.
- ☐ Drain the fried tortillas on a paper towel, then place on a cutting board. With a sharp knife, cut the tortillas into strips.
- ☐ Then turn them in the other direction and cut into large squares. Set aside.
- ☐ In a skillet, over medium-high heat, cook the onion and bell peppers in the olive oil and butter until they develop a little color.
- ☐ You want the veggies to have some brown and black areas, but not be soggy or soft.

- ☐ Next, throw the tomatoes in the skillet and cook for 1 minute.
- ☐ Then throw in the tortilla chips and the jalapeños. Stir the mixture and reduce the heat to low.
- ☐ When the skillet has cooled slightly, pour in the egg mixture.
- ☐ With a spatula, very gently fold the mixture together, allowing the eggs to cook slowly. Do not stir the mixture, just turn it lightly.
- ☐ When the eggs are cooked, throw in the cheese and plenty of chopped cilantro. Taste to check the seasoning, adding more salt, pepper, or cheese as needed. I always add cheese, it's a habit of mine.
- ☐ Top with a dollop of sour cream and serve on a plate with orange slices or other fresh fruit.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:5.04, Inflammation Score:-9, Nutrition Score:21.1334782683333%

Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 409.91kcal (20.5%), Fat: 29.21g (44.93%), Saturated Fat: 13.03g (81.42%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 13.5g (4.91%), Sugar: 5.82g (6.47%), Cholesterol: 320.52mg (106.84%), Sodium: 562.42mg (24.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.35g (42.7%), Vitamin C: 55.52mg (67.3%), Vitamin A: 2267.74IU (45.35%), Selenium: 29.86µg (42.66%), Phosphorus: 419.06mg (41.91%), Calcium: 374.44mg (37.44%), Vitamin B2: 0.57mg (33.81%), Vitamin B6: 0.39mg (19.68%), Vitamin E: 2.71mg (18.08%), Folate: 71.06µg (17.77%), Zinc: 2.63mg (17.52%), Vitamin B12: 1.01µg (16.81%), Vitamin K: 16.06µg (15.29%), Vitamin B5: 1.47mg (14.74%), Potassium: 495.22mg (14.15%), Fiber: 3.22g (12.86%), Manganese: 0.25mg (12.49%), Iron: 2.22mg (12.34%), Magnesium: 49.09mg (12.27%), Vitamin D: 1.69µg (11.28%), Copper: 0.17mg (8.44%), Vitamin B1: 0.12mg (7.97%), Vitamin B3: 1.18mg (5.91%)