



## Country Eggs in Tortilla Cups

READY IN



30 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 1 serving pam original flavor shopping list
- 2 cups hash browns frozen southern-style
- 0.3 cup bell pepper green chopped
- 3 eggs fat-free
- 0.3 cup milk
- 0.3 teaspoon salt
- 3 ounces cheddar cheese shredded
- 0.3 cup cream sour

1 serving salsa

## Equipment

frying pan

baking sheet

oven

## Directions

- Heat oven to 400°F. Turn four 6-ounce custard cups upside down onto cookie sheet. Spray both sides of each tortilla lightly with cooking spray.
- Place tortilla over each cup, gently pressing edges toward cup.
- Bake 8 to 10 minutes or until light golden brown.
- Remove tortillas from cups; place upright on serving plates.
- Spray 8- or 10-inch nonstick skillet with cooking spray; heat over medium heat. Cook potatoes and bell pepper in skillet about 5 minutes, stirring occasionally, until potatoes are light brown.
- Mix eggs, milk and salt; stir into potatoes. Cook about 3 minutes, stirring occasionally, until eggs are almost set.
- Spoon one-fourth of the egg mixture into each tortilla cup. Top with cheese and sour cream.
- Serve immediately with salsa.

## Nutrition Facts

 **PROTEIN 15.5%**  **FAT 38.76%**  **CARBS 45.74%**

## Properties

Glycemic Index:35, Glycemic Load:14.82, Inflammation Score:-6, Nutrition Score:17.370869595072%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 439.87kcal (21.99%), Fat: 18.99g (29.21%), Saturated Fat: 8.73g (54.56%), Carbohydrates: 50.43g (16.81%), Net Carbohydrates: 46.62g (16.95%), Sugar: 4.1g (4.56%), Cholesterol: 154.33mg (51.44%), Sodium: 845.12mg (36.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.17%), Selenium: 30.32µg (43.31%), Phosphorus: 362.54mg (36.25%), Calcium: 300.69mg (30.07%), Vitamin B1: 0.43mg (28.87%), Vitamin B2: 0.47mg (27.85%), Manganese: 0.47mg (23.74%), Vitamin B3: 4.52mg (22.58%), Iron: 3.83mg (21.26%), Folate: 80.92µg (20.23%), Vitamin C: 16.38mg (19.85%), Fiber: 3.81g (15.23%), Potassium: 511.62mg (14.62%), Zinc: 1.87mg (12.49%), Vitamin B6: 0.25mg (12.33%), Vitamin B5: 1.16mg (11.59%), Vitamin A: 578.36IU (11.57%), Vitamin B12: 0.63µg (10.53%), Copper: 0.21mg (10.47%), Magnesium: 39.44mg (9.86%), Vitamin D: 0.96µg (6.37%), Vitamin K: 6.08µg (5.79%), Vitamin E: 0.7mg (4.67%)