



Country Eggs in Tortilla Cups

READY IN



30 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 eggs fat-free
- ☐ 4 6-inch flour tortilla (es in diameter)
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 cups hash browns frozen southern-style
- ☐ 0.3 cup milk
- ☐ 4 servings salsa (any variety)
- ☐ 0.3 teaspoon salt
- ☐ 3 ounces cheddar cheese shredded
- ☐ 0.3 cup cream sour

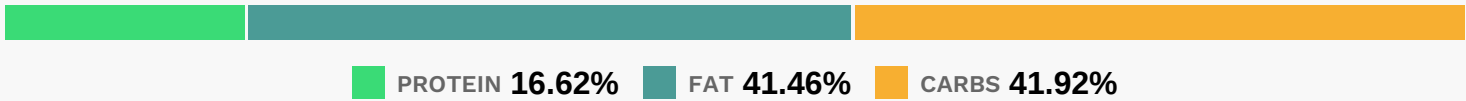
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400F. 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



Properties

Glycemic Index:35, Glycemic Load:10.43, Inflammation Score:-6, Nutrition Score:15.177825907002%

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: 360.59kcal (18.03%), Fat: 16.77g (25.8%), Saturated Fat: 7.91g (49.44%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 34.89g (12.69%), Sugar: 3.97g (4.41%), Cholesterol: 154.33mg (51.44%), Sodium: 795.61mg (34.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.25%), Selenium: 24.26µg (34.66%), Phosphorus: 312.3mg (31.23%), Calcium: 266.36mg (26.64%), Vitamin B2: 0.4mg (23.64%), Vitamin C: 16.83mg (20.41%), Vitamin B1: 0.3mg (20%), Manganese: 0.36mg (18.15%), Vitamin B3: 3.54mg (17.71%), Iron: 2.91mg (16.15%), Potassium: 538.39mg (15.38%), Vitamin A: 693.56IU (13.87%), Folate: 55.45µg (13.86%), Vitamin B6: 0.27mg (13.61%), Fiber: 3.25g (13.02%), Zinc: 1.77mg (11.81%), Vitamin B5: 1.16mg (11.61%), Vitamin B12: 0.63µg (10.53%), Copper: 0.2mg (9.79%), Magnesium: 36.85mg (9.21%), Vitamin E: 0.99mg (6.62%), Vitamin D: 0.96µg (6.37%), Vitamin K: 5.06µg (4.82%)