



Country Eggs in Tortilla Cups

READY IN



30 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

Ingredients

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

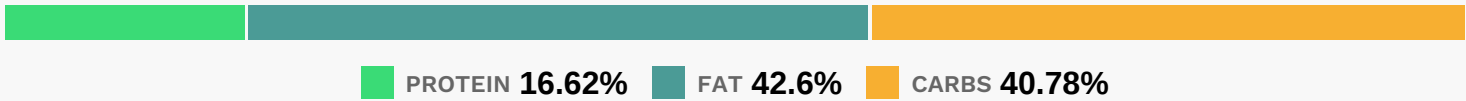
Equipment

- ☐ 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



Properties

Glycemic Index:35, Glycemic Load:10.43, Inflammation Score:-5, Nutrition Score:14.01130437851%

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: 351.31kcal (17.57%), Fat: 16.71g (25.7%), Saturated Fat: 7.9g (49.4%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 33.31g (12.11%), Sugar: 2.75g (3.06%), Cholesterol: 154.33mg (51.44%), Sodium: 585.69mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.33%), Selenium: 23.98µg (34.25%), Phosphorus: 302.06mg (30.21%), Calcium: 257.4mg (25.74%), Vitamin B2: 0.39mg (23.04%), Vitamin C: 16.23mg (19.67%), Vitamin B1: 0.29mg (19.26%), Manganese: 0.33mg (16.34%), Vitamin B3: 3.18mg (15.92%), Iron: 2.77mg (15.4%), Folate: 54.17µg (13.54%), Potassium: 455.83mg (13.02%), Zinc: 1.71mg (11.39%), Vitamin B5: 1.1mg (10.96%), Vitamin A: 539.96IU (10.8%), Vitamin B6: 0.22mg (10.79%), Fiber: 2.68g (10.71%), Vitamin B12: 0.63µg (10.53%), Copper: 0.17mg (8.75%), Magnesium: 32.05mg (8.01%), Vitamin D: 0.96µg (6.37%), Vitamin E: 0.6mg (4.02%), Vitamin K: 3.72µg (3.54%)