



Dinner Tonight: Chorizo and Eggs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings add carrot and onion to bacon fat . cook
- ☐ 0.3 pound chorizo sausage cut raw (, not cured)
- ☐ 2 servings cilantro leaves chopped for garnish (optional,)
- ☐ 5 eggs
- ☐ 2 servings salt to taste
- ☐ 3 tablespoons water hot drained for 15 minutes and
- ☐ 0.3 cup spring onion green red yellow chopped (, , or)

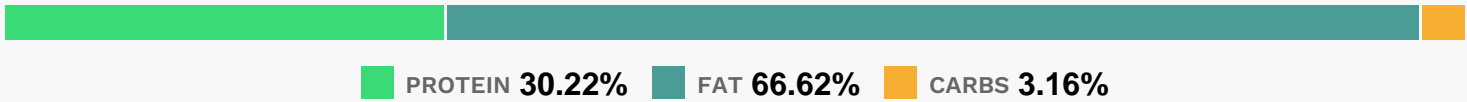
Equipment

☐ frying pan

Directions

- ☐ In a large skillet, heat the olive oil or bacon fat over medium heat.
- ☐ Add the onions and cook for a couple minutes until beginning to soften, then add the chorizo. Stir into the onions and cook until the chorizo is cooked through and, if desired, beginning to crisp.
- ☐ Add the raisins when the sausage is halfway cooked.
- ☐ If there is excess fat in the pan (depending on the chorizo), drain some of it away. Crack the eggs into the pan, stirring into the chorizo, and continue cooking until they are just set but still moist. Season to taste with salt, and serve immediately, sprinkled with cilantro and with tortillas, if desired.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:13.555652115656%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 263.05kcal (13.15%), Fat: 18.92g (29.1%), Saturated Fat: 8.41g (52.55%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.8g (0.88%), Cholesterol: 450.15mg (150.05%), Sodium: 355.89mg (15.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.62%), Selenium: 33.87µg (48.39%), Vitamin K: 35.14µg (33.47%), Vitamin B2: 0.52mg (30.36%), Phosphorus: 224.01mg (22.4%), Vitamin A: 1052.63IU (21.05%), Vitamin B5: 1.7mg (16.99%), Vitamin B12: 0.98µg (16.32%), Vitamin C: 13.45mg (16.3%), Folate: 62.43µg (15.61%), Iron: 2.79mg (15.52%), Vitamin D: 2.22µg (14.83%), Zinc: 1.49mg (9.92%), Vitamin B6: 0.2mg (9.87%), Calcium: 85.89mg (8.59%), Vitamin E: 1.26mg (8.37%), Potassium: 198.36mg (5.67%), Copper: 0.1mg (4.85%), Magnesium: 16.79mg (4.2%), Vitamin B1: 0.05mg (3.55%), Manganese: 0.06mg (2.92%), Fiber: 0.44g (1.74%)