



WHATSheATE



Dinner Tonight: Migas, Tex-Mex Style



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



405 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 eggs
- ☐ 0.3 cup milk
- ☐ 0.5 cup monterrey jack cheese
- ☐ 2 tablespoons olive oil
- ☐ 4 roasted peppers green red
- ☐ 6 servings salsa
- ☐ 2 cups tortilla chips crumbled

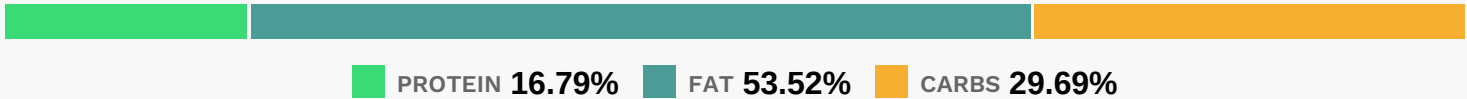
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl, whisk together the eggs and milk. Stir in the roasted peppers, cheese, and a few pinches of salt and pepper.
- ☐ Heat a large skillet over medium-high heat and add the olive oil. Stir the tortilla chips into the eggs and pour it all into the pan. (Alternatively, you could brown strips of corn tortilla in the oil for a few minutes until crispy, then add the eggs).
- ☐ Scramble the eggs, stirring occasionally, until cooked through to desired consistency.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:15.600869469021%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 405kcal (20.25%), Fat: 24.39g (37.53%), Saturated Fat: 6.54g (40.9%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 27.5g (10%), Sugar: 2.54g (2.83%), Cholesterol: 337.37mg (112.46%), Sodium: 860.04mg (37.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Selenium: 30.69µg (43.84%), Phosphorus: 331.16mg (33.12%), Vitamin B2: 0.5mg (29.53%), Vitamin E: 3.37mg (22.47%), Calcium: 195.96mg (19.6%), Vitamin B5: 1.95mg (19.48%), Vitamin A: 852.59IU (17.05%), Vitamin B6: 0.33mg (16.71%), Vitamin B12: 0.93µg (15.58%), Vitamin C: 12.08mg (14.64%), Iron: 2.55mg (14.16%), Zinc: 2.11mg (14.07%), Magnesium: 54.44mg (13.61%), Folate: 52.88µg (13.22%), Vitamin D: 1.97µg (13.1%), Vitamin K: 12.71µg (12.1%), Fiber: 2.94g (11.77%), Potassium: 337.79mg (9.65%), Copper: 0.16mg (7.83%), Vitamin B1: 0.12mg (7.68%), Manganese: 0.1mg (5.09%), Vitamin B3: 0.9mg (4.52%)