



Eat for Eight Bucks: Mexican Eggs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 5 4-inch corn tortillas sliced into 1/ strips
- ☐ 1 teaspoon cumin
- ☐ 7 large eggs
- ☐ 3 ounces monterrey jack cheese grated
- ☐ 2 tablespoons onion minced
- ☐ 4 servings bell pepper
- ☐ 0.3 cup salsa thin (optional, preferably a , unchunky variety)

- ☐ 4 servings salt
- ☐ 4 servings vegetable oil

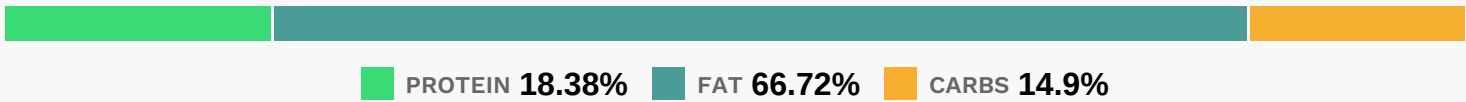
Equipment

- ☐ frying pan

Directions

- ☐ Pour into a 12-inch skillet, non-stick or cast-iron, enough oil to coat the bottom generously.
- ☐ Heat the oil over a fairly high flame until it is very hot but not smoking. Test its temperature by dropping in a small piece of tortilla: if it starts to sizzle right away, proceed, but if it just sits there, let the oil get hotter.
- ☐ While the tortillas cook, beat together the eggs, half of the cheese, the cumin, 1/2 teaspoon salt, 1/4 teaspoon pepper, and the optional salsa if you are using it. When the tortilla strips are quite crispy, push them up against the edges of the skillet, leaving a bare spot in the middle. If it looks very dry, add another spoonful of oil. Then pour the eggs into the skillet, reduce the heat to low, and let them sit for a minute. Scramble the eggs in the middle of the skillet, drawing in bits of crispy tortilla as necessary; by the end, everything should be mixed together. About a minute before the eggs are done to your liking, sprinkle the rest of the cheese all over and give them a stir.
- ☐ Toss in the cilantro and serve right away with more salsa, if you have it, on the side, as well as roasted potatoes and refried beans.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:4.48, Inflammation Score:-9, Nutrition Score:23.45608694657%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 394.53kcal (19.73%), Fat: 29.64g (45.6%), Saturated Fat: 9.07g (56.7%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 11.77g (4.28%), Sugar: 4.56g (5.07%), Cholesterol: 344.42mg (114.81%), Sodium: 564.57mg (24.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.74%), Vitamin C: 96.35mg (116.78%), Vitamin A: 3120.88IU (62.42%), Selenium: 31.29µg (44.71%), Phosphorus: 351.6mg (35.16%), Vitamin B2: 0.57mg (33.37%), Vitamin K: 34.02µg (32.4%), Vitamin E: 3.59mg (23.91%), Calcium: 238.15mg (23.82%), Vitamin B6: 0.46mg (22.95%), Folate: 82.37µg (20.59%), Vitamin B5: 1.69mg (16.86%), Vitamin B12: 0.96µg (15.92%), Zinc: 2.25mg (15.02%), Iron: 2.65mg (14.74%), Vitamin D: 1.88µg (12.52%), Fiber: 3.13g (12.5%), Potassium: 391.13mg (11.18%), Magnesium: 42.81mg (10.7%), Manganese: 0.21mg (10.68%), Vitamin B1: 0.11mg (7.11%), Vitamin B3: 1.3mg (6.5%), Copper: 0.13mg (6.43%)