



Egg & Chorizo Bolillo

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

Ingredients

- 0.3 lb mexican chorizo
- 6 eggs beaten
- 2 singles kraft
- 2 bolillos split
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Equipment

- frying pan

Directions

- Cook chorizo in medium skillet on medium heat 5 min. or until done, stirring occasionally; drain.
- Return chorizo to skillet; stir in eggs. Cook 2 min. or just until eggs are set, stirring occasionally.
- Fill rolls with egg mixture and Singles.
- Cut each sandwich in half.

Nutrition Facts

PROTEIN 30.58% **FAT 68.16%** **CARBS 1.26%**

Properties

Glycemic Index:7, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:6.3373913505803%

Nutrients (% of daily need)

Calories: 176.12kcal (8.81%), Fat: 12.86g (19.79%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.28g (0.31%), Cholesterol: 263.32mg (87.77%), Sodium: 100.49mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.97%), Selenium: 20.26µg (28.95%), Vitamin B2: 0.3mg (17.82%), Phosphorus: 135.29mg (13.53%), Vitamin B5: 1.01mg (10.12%), Vitamin B12: 0.59µg (9.79%), Iron: 1.7mg (9.46%), Vitamin A: 468.48IU (9.37%), Vitamin D: 1.32µg (8.8%), Folate: 31.02µg (7.76%), Zinc: 0.86mg (5.76%), Vitamin B6: 0.11mg (5.61%), Vitamin E: 0.69mg (4.62%), Calcium: 40.52mg (4.05%), Potassium: 92.26mg (2.64%), Copper: 0.05mg (2.38%), Magnesium: 7.92mg (1.98%), Vitamin B1: 0.03mg (1.76%)