



Essentials: Feeding Your Friends (With Migas)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces baked tortilla chips
- ☐ 6 large eggs lightly beaten
- ☐ 2 garlic clove minced
- ☐ 1 jalapeno minced stemmed seeded
- ☐ 1 medium onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup pepper jack cheese shredded
- ☐ 1 medium bell pepper red stemmed seeded chopped

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted

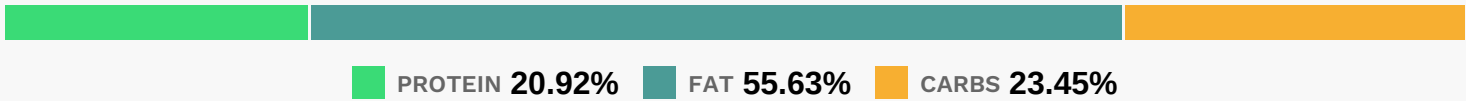
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together the eggs, tortilla chips, salt, and pepper. Melt the butter in a 10-inch nonstick skillet over medium-high heat, swirling to coat the pan.
- ☐ Add the onion, red pepper, garlic, and jalapeno and cook until softened, about 5 minutes.
- ☐ Add the eggs and cook while gently pushing, lifting, and folding them from one side of the pan to the other, until they are nicely clumped, shiny, and wet, about 2 minutes. Quickly fold in the cheese and remove the mixture from the pan.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:15.274347751037%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

Nutrients (% of daily need)

Calories: 291.09kcal (14.55%), Fat: 18.04g (27.75%), Saturated Fat: 8.8g (54.98%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 15.12g (5.5%), Sugar: 3.02g (3.36%), Cholesterol: 306.62mg (102.21%), Sodium: 399.42mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.52%), Vitamin C: 44.76mg (54.26%), Selenium: 27.77µg (39.67%), Vitamin A: 1673.52IU (33.47%), Vitamin B2: 0.48mg (28.05%), Phosphorus: 276.98mg (27.7%), Calcium: 183.5mg (18.35%), Vitamin B6: 0.32mg (15.87%), Folate: 60.18µg (15.05%), Vitamin B5: 1.34mg (13.36%), Vitamin B12: 0.8µg (13.28%), Zinc: 1.71mg (11.37%), Vitamin E: 1.7mg (11.32%), Vitamin D: 1.69µg (11.26%), Iron: 1.87mg (10.39%), Magnesium: 34.03mg (8.51%), Fiber: 1.99g (7.96%), Potassium: 273.65mg (7.82%), Vitamin B1: 0.1mg

(6.46%), Manganese: 0.13mg (6.42%), Copper: 0.1mg (4.9%), Vitamin K: 3.44µg (3.28%), Vitamin B3: 0.51mg (2.56%)