



Huevos Revueltos



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 8 6-inch corn tortillas warmed
- ☐ 6 large eggs lightly beaten
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup green onions thinly sliced
- ☐ 1 jalapeno
- ☐ 2 ounces monterrey jack cheese shredded with jalapeño peppers

- ☐ 4 servings pepper sauce hot such as Tabasco, optional
- ☐ 1.8 cups plum tomatoes chopped
- ☐ 0.5 teaspoon salt

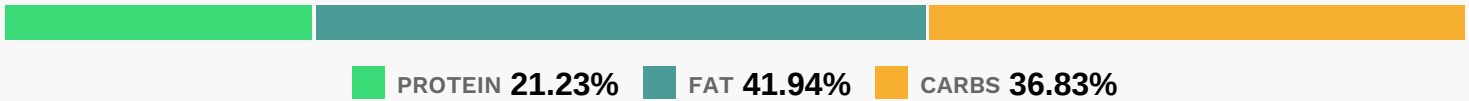
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Cut jalapeo in half lengthwise; discard seeds from one half and leave seeds in remaining half. Mince both jalapeo halves.
- ☐ Add jalapeo, green onions, and garlic to pan; saut 3 minutes or until tender.
- ☐ Add tomatoes and salt; cook 2 minutes or until thoroughly heated, stirring frequently.
- ☐ Add eggs; cook 3 minutes or until soft-scrambled, stirring constantly.
- ☐ Sprinkle evenly with cheese and cilantro.
- ☐ Serve with tortillas, lime wedges, and hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:60.38, Glycemic Load:11.61, Inflammation Score:-8, Nutrition Score:20.020869462386%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 319.28kcal (15.96%), Fat: 15.18g (23.35%), Saturated Fat: 5.48g (34.23%), Carbohydrates: 29.99g (10%), Net Carbohydrates: 24.83g (9.03%), Sugar: 4.13g (4.59%), Cholesterol: 291.62mg (97.21%), Sodium: 517.27mg (22.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.58%), Vitamin K: 52.77µg (50.26%),

Phosphorus: 410.19mg (41.02%), Selenium: 28.6µg (40.86%), Vitamin A: 1669.7IU (33.39%), Vitamin B2: 0.47mg (27.78%), Vitamin C: 22.67mg (27.48%), Calcium: 217.71mg (21.77%), Fiber: 5.16g (20.65%), Vitamin B6: 0.38mg (19.09%), Manganese: 0.37mg (18.68%), Folate: 69.54µg (17.39%), Magnesium: 66.58mg (16.64%), Zinc: 2.35mg (15.67%), Potassium: 528.87mg (15.11%), Iron: 2.67mg (14.81%), Vitamin E: 2.13mg (14.22%), Vitamin B5: 1.37mg (13.68%), Vitamin B12: 0.79µg (13.09%), Copper: 0.22mg (11.19%), Vitamin D: 1.59µg (10.57%), Vitamin B1: 0.13mg (8.98%), Vitamin B3: 1.63mg (8.15%)