

 **69%**
HEALTH SCORE

Mexican Eggs With Chorizo and Beans



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 1 cup baked tortilla chips low sodium crushed (preferably)
- ☐ 2 ounces chorizo dried diced (1 small link)
- ☐ 6 large eggs plus 2 egg whites
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 jalapeno chopped for less heat (remove seeds)
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 ounces cheddar cheese shredded low-fat

- ☐ 2 tablespoons cup heavy whipping cream sour low-fat
- ☐ 14 ounce no-salt-added pinto beans drained and rinsed canned
- ☐ 1 medium bell pepper red chopped
- ☐ 3 scallions sliced

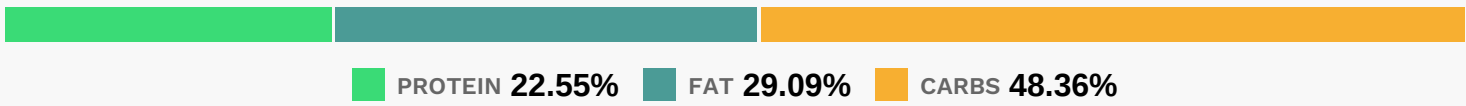
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Cook the chorizo in a large nonstick skillet over medium heat until it just begins to brown, about 3 minutes.
- ☐ Add the bell pepper and jalapeno and cook, stirring occasionally, until they begin to sizzle, about 5 minutes.
- ☐ Add the beans and half of the scallions and cook, stirring occasionally, until heated through, about 4 minutes.
- ☐ Whisk the whole eggs and egg whites with 1/4 cup water and 1/8 teaspoon each salt and pepper in a bowl; add to the skillet and cook, stirring with a rubber spatula, until just beginning to set, about 2 minutes.
- ☐ Add the chips, cheese, half of the cilantro, and the remaining scallions and continue cooking, stirring, until the eggs are just set, about 3 more minutes.
- ☐ Divide the eggs among plates and top with the avocado, sour cream and remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:4.94, Inflammation Score:-9, Nutrition Score:25.665217450132%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 464.46kcal (23.22%), Fat: 15.29g (23.52%), Saturated Fat: 4.06g (25.36%), Carbohydrates: 57.19g (19.06%), Net Carbohydrates: 42.4g (15.42%), Sugar: 2.94g (3.27%), Cholesterol: 15.42mg (5.14%), Sodium: 539.01mg (23.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.33%), Vitamin C: 49.91mg (60.49%), Folate: 241.46µg (60.36%), Fiber: 14.78g (59.13%), Phosphorus: 390.08mg (39.01%), Selenium: 24.14µg (34.48%), Vitamin K: 35.6µg (33.9%), Vitamin B2: 0.51mg (30.24%), Manganese: 0.58mg (29%), Potassium: 959.34mg (27.41%), Magnesium: 107.47mg (26.87%), Vitamin B6: 0.53mg (26.42%), Vitamin A: 1290.01IU (25.8%), Vitamin B1: 0.32mg (21.19%), Calcium: 206.78mg (20.68%), Iron: 3.49mg (19.4%), Vitamin E: 2.87mg (19.17%), Copper: 0.38mg (18.8%), Zinc: 2.17mg (14.48%), Vitamin B5: 1.15mg (11.53%), Vitamin B3: 1.76mg (8.82%), Vitamin B12: 0.17µg (2.9%)