



Mexican Zucchini and Eggs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 large eggs
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion coarsely chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup tomato salsa
- ☐ 4 servings salt and pepper
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 pound zucchini

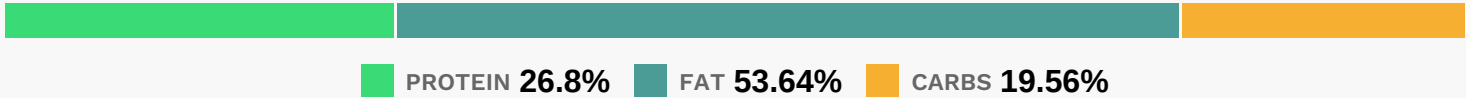
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Rinse zucchini, trim and discard ends, and shred.
- ☐ In a 10- to 12-inch nonstick frying pan over high heat, stir oil, zucchini, onion, and oregano often until all the liquid has evaporated, about 6 minutes.
- ☐ Add salt and pepper to taste.
- ☐ With a fork, beat eggs to blend with 1 tablespoon water.
- ☐ Turn heat to low, pour egg mixture into pan and stir with a wide spatula, scraping pan bottom often, just until eggs are softly set, 2 to 3 minutes, or as firm as you like.
- ☐ Spoon onto plates and sprinkle with cheese.
- ☐ Add tomato salsa, salt, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:16.376521794692%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 221.07kcal (11.05%), Fat: 13.44g (20.68%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 8.2g (2.98%), Sugar: 6.13g (6.82%), Cholesterol: 293.13mg (97.71%), Sodium: 616.81mg (26.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.22%), Selenium: 27.79µg (39.7%), Vitamin B2: 0.54mg (31.65%), Vitamin C: 23.9mg (28.97%), Phosphorus: 279.76mg (27.98%), Vitamin B6: 0.44mg (21.89%), Calcium: 194.41mg (19.44%), Folate: 76.7µg (19.18%), Vitamin A: 947.14IU (18.94%), Manganese: 0.36mg (18.09%),

Potassium: 565.25mg (16.15%), Vitamin B5: 1.56mg (15.63%), Vitamin B12: 0.82µg (13.62%), Zinc: 2.01mg (13.39%),
Vitamin K: 13.78µg (13.13%), Iron: 2.35mg (13.06%), Vitamin E: 1.76mg (11.74%), Fiber: 2.82g (11.3%), Magnesium:
44.81mg (11.2%), Vitamin D: 1.58µg (10.56%), Copper: 0.16mg (8.1%), Vitamin B1: 0.12mg (7.78%), Vitamin B3: 1.03mg
(5.16%)