



Migas

 Gluten Free

READY IN



17 min.

SERVINGS



17

CALORIES



57 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup four cheese shredded mexican style kraft finely
- 4 eggs
- 2 green onions
- 2 tsp oil
- 0.5 bell pepper red
- 2 tostada shells (5 inch)
- 2 oscar mayer wieners

Equipment

frying pan

whisk

Directions


Heat oil in medium skillet on medium-high heat. Chop pepper and onions; cut wieners into 1/2-inch-thick slices.

Add vegetables and wieners to skillet; cook 2 min. or until peppers are crisp-tender. Stir in tostadas; cook 1 min. or until slightly softened, stirring occasionally.

Whisk eggs until well blended.

Add to skillet; cook 3 min. or until almost set, stirring occasionally. Top with cheese; cover. Cook 1 min. or until melted.

Nutrition Facts

 **PROTEIN 19.74%**  **FAT 61.39%**  **CARBS 18.87%**

Properties

Glycemic Index:7, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:2.6226087082987%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 56.68kcal (2.83%), Fat: 3.9g (5.99%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.47g (0.9%), Sugar: 0.23g (0.25%), Cholesterol: 44.22mg (14.74%), Sodium: 85.77mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Selenium: 5.58µg (7.97%), Vitamin C: 4.75mg (5.76%), Vitamin B2: 0.08mg (4.87%), Phosphorus: 46.33mg (4.63%), Vitamin A: 212.87IU (4.26%), Vitamin K: 3.58µg (3.41%), Calcium: 33.3mg (3.33%), Folate: 10.67µg (2.67%), Zinc: 0.4mg (2.67%), Vitamin B12: 0.15µg (2.58%), Vitamin B5: 0.22mg (2.16%), Iron: 0.38mg (2.09%), Vitamin B6: 0.04mg (2.03%), Vitamin E: 0.29mg (1.93%), Vitamin B1: 0.03mg (1.82%), Vitamin D: 0.23µg (1.51%), Vitamin B3: 0.28mg (1.39%), Magnesium: 5.01mg (1.25%), Potassium: 40.46mg (1.16%), Manganese: 0.02mg (1.07%)