



WHATSheATE



Migas



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



322 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



3 ounces cheddar grated



3 6-inch corn tortillas cut into 1/4-inch strips ()



6 large eggs



1 clove garlic finely chopped



0.5 bell pepper diced green seeded



0.3 cup milk



4 servings salt



1 medium tomatoes diced seeded

- ☐ 2 tablespoons vegetable oil
- ☐ 1 small onion yellow finely chopped

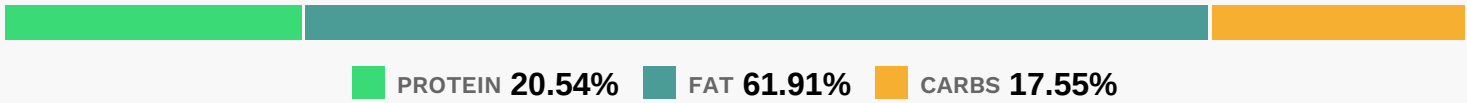
Equipment

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

Directions

- ☐ Whisk together eggs, milk and salt in a medium bowl and set aside.
- ☐ Warm vegetable oil in a nonstick skillet over medium-high heat.
- ☐ Add tortilla strips and cook, stirring occasionally, until strips begin to crisp, about 2 minutes.
- ☐ Add pepper and onion and cook until softened, about 3 minutes.
- ☐ Add garlic and cook 1 minute longer.
- ☐ Add egg mixture, tomato and cheese to skillet. Cook mixture, stirring with a spatula, scraping up cooked eggs and allowing liquid to flow to bottom of pan, until eggs are set, 2 to 3 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.13, Glycemic Load:4.97, Inflammation Score:-6, Nutrition Score:14.919565252636%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 322.4kcal (16.12%), Fat: 22.31g (34.33%), Saturated Fat: 7.86g (49.15%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 12.07g (4.39%), Sugar: 3.17g (3.52%), Cholesterol: 302.09mg (100.7%), Sodium: 456.73mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.31%), Selenium: 30.72µg (43.88%), Phosphorus: 339.09mg (33.91%), Vitamin B2: 0.49mg (28.58%), Calcium: 236.94mg (23.69%), Vitamin C: 17.7mg (21.46%), Vitamin A: 954.74IU (19.09%), Vitamin B12: 0.98µg (16.25%), Vitamin K: 16.9µg (16.09%), Zinc: 2.18mg (14.51%), Vitamin B6: 0.28mg (14.12%), Vitamin B5: 1.38mg (13.84%), Folate: 50.14µg (12.53%), Vitamin D: 1.8µg (11.97%), Vitamin E: 1.79mg (11.94%), Iron: 1.77mg (9.85%), Magnesium: 37.42mg (9.36%), Manganese: 0.18mg (8.81%), Potassium: 306.52mg (8.76%), Fiber: 2.16g (8.65%), Copper: 0.13mg (6.42%), Vitamin B1: 0.09mg (6.16%), Vitamin B3: 0.66mg (3.28%)