



## Migas



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.3 cilantro leaves chopped ()
- ☐ 4 corn tortillas cut into bite sized pieces)
- ☐ 12 large eggs lightly beaten ()
- ☐ 1 bell pepper diced green ()
- ☐ 2 jalapeño peppers diced ()
- ☐ 4 servings oil for frying
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced ()

- ☐ 1 cup queso fresco crumbled ()
- ☐ 1 bell pepper diced red ()
- ☐ 4 servings salt and pepper to taste
- ☐ 4 large tomatoes diced ()

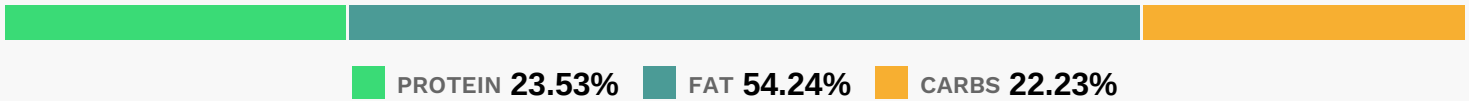
## Equipment

- ☐ frying pan

## Directions

- ☐ Fry the tortillas in the oil until golden brown and crisp.
- ☐ Heat the oil in a pan.
- ☐ Add the onions and peppers and saute until tender, about 7–10 minutes.
- ☐ Add the tomatoes and the tortillas.
- ☐ Add the eggs to the pan and cook scrambled eggs style until they reach the desired level of doneness.
- ☐ Remove from heat and mix in the cilantro, plate and garnish with the cheese.

## Nutrition Facts



## Properties

Glycemic Index:55.38, Glycemic Load:8, Inflammation Score:-10, Nutrition Score:33.288260957469%

## Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

## Nutrients (% of daily need)

Calories: 477.57kcal (23.88%), Fat: 29.12g (44.8%), Saturated Fat: 9.54g (59.63%), Carbohydrates: 26.87g (8.96%), Net Carbohydrates: 21.25g (7.73%), Sugar: 9.7g (10.77%), Cholesterol: 579.04mg (193.01%), Sodium: 660.16mg

(28.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.85%), Vitamin C: 97.3mg (117.94%), Selenium: 53.72µg (76.74%), Vitamin A: 3698.4IU (73.97%), Phosphorus: 563.28mg (56.33%), Vitamin B2: 0.84mg (49.17%), Vitamin B6: 0.7mg (34.82%), Folate: 125.09µg (31.27%), Calcium: 308.35mg (30.84%), Vitamin B12: 1.85µg (30.79%), Vitamin E: 4.58mg (30.51%), Vitamin B5: 2.78mg (27.79%), Potassium: 899.12mg (25.69%), Vitamin D: 3.82µg (25.49%), Zinc: 3.54mg (23.62%), Vitamin K: 24.69µg (23.51%), Manganese: 0.45mg (22.57%), Fiber: 5.62g (22.48%), Iron: 3.83mg (21.25%), Magnesium: 74.44mg (18.61%), Copper: 0.3mg (15.23%), Vitamin B1: 0.21mg (14.21%), Vitamin B3: 2.15mg (10.74%)