



Migas con Salsa Verde



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 6-inch corn tortillas cut into 1/2-inch strips ()
- ☐ 4 large egg whites
- ☐ 6 large eggs
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 jalapeno seeded chopped
- ☐ 4 teaspoons olive oil
- ☐ 1.5 cups onion chopped

- ☐ 0.3 cup queso fresco crumbled
- ☐ 1 medium bell pepper red
- ☐ 6 tablespoons salsa verde
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand for 10 minutes. Peel and chop.
- ☐ Combine eggs, egg whites, cilantro, and salt in a bowl, stirring with a whisk.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add tortilla strips; saut 2 minutes, stirring frequently. Reduce heat to medium.
- ☐ Add onion, garlic, and jalapeo; saut 5 minutes or until tender, stirring occasionally.
- ☐ Add roasted bell pepper and egg mixture; cook 2 1/2 minutes or until eggs are set, stirring occasionally. Divide egg mixture evenly among 4 plates; top each serving with 1 1/2 tablespoons salsa and 1 tablespoon cheese.

Nutrition Facts



 **PROTEIN 23.81%**  **FAT 45.04%**  **CARBS 31.15%**

Properties

Glycemic Index:50.88, Glycemic Load:6.82, Inflammation Score:-8, Nutrition Score:17.300000315127%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.56mg, Quercetin: 12.56mg, Quercetin: 12.56mg, Quercetin: 12.56mg

Nutrients (% of daily need)

Calories: 285.56kcal (14.28%), Fat: 14.29g (21.98%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 18.82g (6.84%), Sugar: 6.37g (7.08%), Cholesterol: 284.26mg (94.75%), Sodium: 552.27mg (24.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17g (33.99%), Vitamin C: 48.1mg (58.31%), Selenium: 33.24µg (47.49%), Vitamin B2: 0.56mg (33.15%), Vitamin A: 1601.01IU (32.02%), Phosphorus: 292.88mg (29.29%), Vitamin B6: 0.38mg (19.2%), Folate: 64.6µg (16.15%), Vitamin B5: 1.46mg (14.57%), Vitamin E: 2.08mg (13.85%), Vitamin B12: 0.83µg (13.76%), Fiber: 3.42g (13.67%), Calcium: 127.81mg (12.78%), Manganese: 0.25mg (12.54%), Potassium: 430.39mg (12.3%), Zinc: 1.71mg (11.43%), Vitamin D: 1.71µg (11.37%), Iron: 1.99mg (11.05%), Magnesium: 43.71mg (10.93%), Vitamin B1: 0.11mg (7.14%), Copper: 0.14mg (6.96%), Vitamin K: 5.7µg (5.43%), Vitamin B3: 0.9mg (4.51%)