



Migas II

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 teaspoons corn oil
- 12 6-inch corn tortillas ()
- 6 eggs beaten
- 5 servings salt to taste

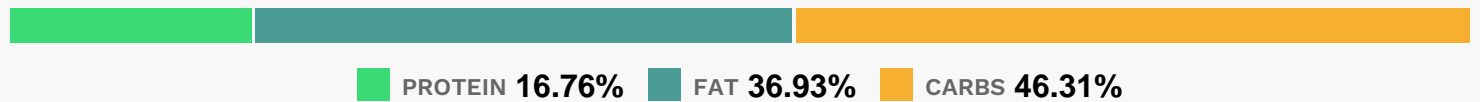
Equipment

- frying pan

Directions

- Heat the oil in a large skillet over medium-high heat. Tear corn tortillas into bite size pieces, and fry them in the skillet, stirring constantly, until they are just starting to get crisp.
- Pour the eggs into the skillet with the tortillas, stirring until the egg is cooked through. Season with salt to taste.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.1, Glycemic Load:12.07, Inflammation Score:-3, Nutrition Score:9.633478226869%

Nutrients (% of daily need)

Calories: 239.82kcal (11.99%), Fat: 10g (15.38%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 24.28g (8.83%), Sugar: 0.74g (0.83%), Cholesterol: 196.42mg (65.47%), Sodium: 296.85mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Phosphorus: 300.48mg (30.05%), Selenium: 20.02µg (28.59%), Vitamin B2: 0.28mg (16.58%), Fiber: 3.93g (15.72%), Magnesium: 51.27mg (12.82%), Vitamin B6: 0.23mg (11.32%), Manganese: 0.22mg (10.94%), Zinc: 1.5mg (9.99%), Iron: 1.69mg (9.41%), Vitamin B5: 0.88mg (8.77%), Vitamin E: 1.2mg (8.03%), Calcium: 80.23mg (8.02%), Vitamin B12: 0.47µg (7.83%), Vitamin D: 1.06µg (7.04%), Folate: 27.94µg (6.98%), Copper: 0.13mg (6.71%), Vitamin A: 286.37IU (5.73%), Potassium: 188.97mg (5.4%), Vitamin B1: 0.08mg (5.32%), Vitamin B3: 0.98mg (4.88%), Vitamin K: 1.51µg (1.44%)