



Migas Tacos

 Vegetarian

READY IN



23 min.

SERVINGS



15

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 2 8-inch taco-size flour tortillas warmed soft ()
- ☐ 2 tablespoons jalapeño peppers chopped
- ☐ 0.3 cup onion chopped
- ☐ 1 pinch salt and pepper
- ☐ 2 oz mexican four-cheese blend shredded 2% reduced-fat
- ☐ 0.3 cup tomatoes diced
- ☐ 0.3 cup lightly tortilla chips crushed

☐ 1 teaspoon vegetable oil

Equipment

☐ frying pan

☐ whisk

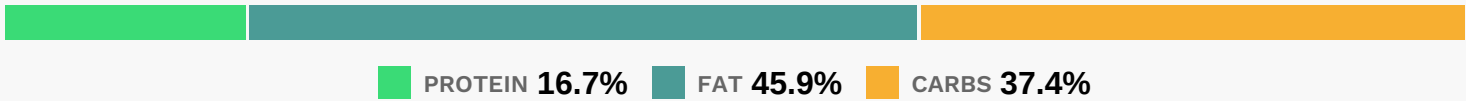
Directions

☐ Saut first 4 ingredients in hot oil in a medium–size nonstick skillet over medium heat 3 to 4 minutes or just until onion is translucent.

☐ Whisk together eggs, salt, and pepper.

☐ Add to skillet, and cook, without stirring, 1 to 2 minutes or until eggs begin to set on bottom. Gently draw cooked edges away from sides of pan to form large pieces. Cook, stirring occasionally, 2 minutes or until eggs are thickened and moist. (Do not overstir.) Spoon egg mixture into warm tortillas, and sprinkle with cheese; serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.73, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:2.3995652121046%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 60.68kcal (3.03%), Fat: 3.1g (4.77%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 5.17g (1.88%), Sugar: 0.6g (0.67%), Cholesterol: 28.39mg (9.46%), Sodium: 93.72mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.07%), Selenium: 4.26µg (6.09%), Phosphorus: 51.4mg (5.14%), Calcium: 42.38mg (4.24%), Vitamin B2: 0.07mg (3.88%), Vitamin C: 2.91mg (3.53%), Vitamin B1: 0.04mg (2.95%), Folate: 11.74µg (2.94%), Iron: 0.44mg (2.46%), Manganese: 0.04mg (2.23%), Vitamin K: 2.27µg (2.16%), Vitamin A: 103.29IU (2.07%), Fiber: 0.51g (2.03%), Zinc: 0.28mg (1.88%), Vitamin B3: 0.37mg (1.87%), Vitamin E: 0.28mg (1.86%), Vitamin B6: 0.04mg (1.79%), Vitamin B12: 0.11µg (1.76%), Vitamin B5: 0.16mg (1.65%), Magnesium:

6.23mg (1.56%), Potassium: 40.3mg (1.15%), Vitamin D: 0.15µg (1.01%)