



## Morning Tex-Mex Scramble

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



47 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup knudsen milkfat cottage cheese 2% low fat
- 2 cups cholesterol-free egg product
- 1 bell pepper green chopped
- 0.5 cup milk mild cheddar cheese shredded 2% kraft
- 0.5 cup onions chopped
- 0.5 cup taco bellâ® & chunky salsa thick

### Equipment

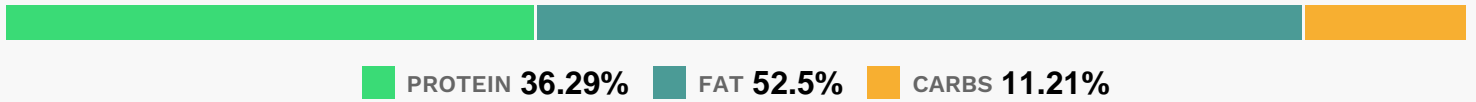
- frying pan

whisk

## Directions

- Beat egg product and cottage cheese with whisk until well blended; set aside.
- Cook vegetables in medium nonstick skillet sprayed with cooking spray on medium-high heat 2 to 4 min. or until crisp-tender, stirring occasionally.
- Add egg mixture and cheddar; cook on medium heat 8 to 10 min. or until egg mixture is set, stirring frequently.
- Serve topped with salsa.

## Nutrition Facts



## Properties

Glycemic Index:2.56, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.9626086872557%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 47.27kcal (2.36%), Fat: 2.73g (4.2%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.77g (0.86%), Cholesterol: 74.94mg (24.98%), Sodium: 113.47mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Selenium: 7.48µg (10.69%), Vitamin B2: 0.12mg (6.92%), Phosphorus: 64.5mg (6.45%), Vitamin C: 4.16mg (5.05%), Vitamin B12: 0.25µg (4.23%), Calcium: 35.05mg (3.5%), Vitamin A: 173.96IU (3.48%), Vitamin B5: 0.35mg (3.46%), Vitamin B6: 0.06mg (3.22%), Folate: 11.99µg (3%), Vitamin D: 0.4µg (2.68%), Zinc: 0.39mg (2.6%), Iron: 0.4mg (2.23%), Vitamin E: 0.3mg (2.02%), Potassium: 62.76mg (1.79%), Copper: 0.03mg (1.25%), Magnesium: 4.97mg (1.24%), Manganese: 0.02mg (1.09%), Vitamin B1: 0.02mg (1.09%)