



Pinnacles Scramble

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



559 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 7 oz chipotles in adobo canned
- 2 tablespoons cilantro leaves chopped
- 4 servings corn tortillas
- 4 servings crème fraîche
- 8 large eggs
- 2 cups canned tomatoes
- 4 spring onion sliced
- 0.3 teaspoon kosher salt

- 0.3 tsp salt and pepper
- 2 tablespoons milk
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 1 large poblano pepper
- 4 servings potatoes
- 0.8 cup sharp cheddar cheese shredded
- 2 tablespoons butter unsalted
- 1 pound yukon gold potatoes thick sliced quartered
- 4 servings frangelico
- 4 servings frangelico

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- blender
- aluminum foil
- spatula

Directions

- AT HOME
- Make potatoes: Preheat oven to 47
- Pure chipotles and sauce in a blender. Spoon 2 tbsp. into a bowl; save the rest for other uses. Stir in oil, salt, and pepper, then potatoes.

- Spread potatoes on a rimmed baking sheet lined with parchment paper, leaving a corner empty; put poblano in corner.
- Bake, turning chile and potatoes occasionally, until chile is blackened and potatoes are well browned, 20 to 25 minutes.
- Let cool. Peel, stem, seed, and coarsely chop chile. In a plastic container, combine potatoes, chile, and onions; chill until used, up to 2 days.
- IN CAMP
- Whisk eggs and milk in a bowl to blend with 1/4 tsp. each salt and pepper; set aside.
- Heat a large cast-iron skillet over medium-high heat. Melt butter, then add potato mixture and stir occasionally with a flexible spatula until hot, 2 to 3 minutes.
- Add egg mixture, reduce heat to medium, and cook, scrambling gently, until set, 2 to 4 minutes; add cheese and cilantro during last minute.
- Serve with salsa, crme frache, and tortillas, plus more salt and pepper to taste.
- *Double-wrap tortillas in foil and warm over low heat, turning often.

Nutrition Facts

■ PROTEIN **16.74%** ■ FAT **47.07%** ■ CARBS **36.19%**

Properties

Glycemic Index:97.25, Glycemic Load:20.25, Inflammation Score:-8, Nutrition Score:27.566956644473%

Flavonoids

Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 558.98kcal (27.95%), Fat: 29.4g (45.23%), Saturated Fat: 12.81g (80.03%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 39.7g (14.44%), Sugar: 9.91g (11.01%), Cholesterol: 416.22mg (138.74%), Sodium: 801.19mg (34.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.52g (47.04%), Vitamin C: 60.26mg (73.04%), Selenium: 39.36µg (56.23%), Phosphorus: 473.19mg (47.32%), Fiber: 11.16g (44.65%), Vitamin B2: 0.66mg (38.73%), Vitamin A: 1824.95IU (36.5%), Vitamin B6: 0.69mg (34.43%), Vitamin K: 34.48µg (32.84%), Calcium: 316.25mg (31.63%), Iron: 5.25mg (29.18%), Potassium: 819.89mg (23.43%), Vitamin B5: 2.12mg (21.16%), Folate: 83.91µg (20.98%), Vitamin B12: 1.19µg (19.87%), Zinc: 2.92mg (19.47%), Manganese: 0.38mg (18.93%), Magnesium: 71.77mg (17.94%), Vitamin D: 2.31µg (15.43%), Vitamin E: 2.23mg (14.89%), Copper: 0.29mg (14.26%), Vitamin B1:

0.2mg (13.29%), Vitamin B3: 1.97mg (9.84%)