



## Potato, Poblano and Chorizo Omelet

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



61 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 0.5 lb mexican chorizo
- 8 6-inch corn tortillas warmed ( )
- 0.5 cup knudsen cream sour
- 4 egg whites
- 1 small onion chopped
- 2 poblano chiles peeled seeded chopped
- 0.8 lb potatoes red cooked finely chopped ( 2)
- 0.5 cup salsa red

- 1 cup mozzarella cheese shredded divided kraft
- 6 eggs whole

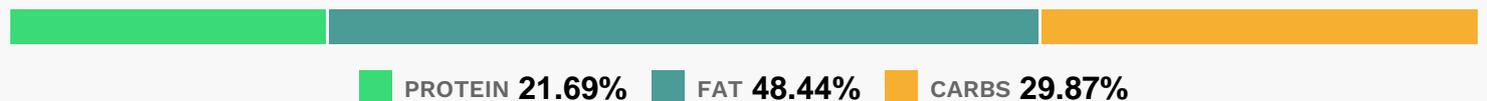
## Equipment

- frying pan
- oven
- whisk

## Directions

- Heat oven to 350F.
- Cook chorizo and onions in medium ovenproof skillet on medium heat 8 min. or until chorizo is done, stirring frequently.
- Add potatoes and chiles; cook 2 min., stirring occasionally.
- Remove from heat. Stir in 1/2 cup cheese; spread to evenly cover bottom of skillet.
- Whisk whole eggs, egg whites and sour cream until blended; pour over chorizo mixture. Top with remaining cheese.
- Bake 25 min. or until center is set.
- Serve with tortillas and salsa.

## Nutrition Facts



## Properties

Glycemic Index:3.56, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:2.4330434591874%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 61.41kcal (3.07%), Fat: 3.31g (5.09%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 3.93g (1.43%), Sugar: 0.67g (0.74%), Cholesterol: 32mg (10.67%), Sodium: 58.3mg (2.53%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.67%), Vitamin C: 5.73mg (6.95%), Selenium: 3.61µg (5.15%), Phosphorus: 49.87mg (4.99%), Vitamin B2: 0.07mg (3.84%), Vitamin B6: 0.06mg (3.03%), Calcium: 27.92mg (2.79%), Fiber: 0.66g (2.65%), Vitamin A: 131.08IU (2.62%), Potassium: 89.44mg (2.56%), Manganese: 0.05mg (2.27%), Iron: 0.41mg (2.25%), Magnesium: 8.84mg (2.21%), Vitamin B12: 0.13µg (2.19%), Zinc: 0.29mg (1.94%), Vitamin B5: 0.16mg (1.64%), Copper: 0.03mg (1.62%), Folate: 6.44µg (1.61%), Vitamin B1: 0.02mg (1.42%), Vitamin B3: 0.26mg (1.28%), Vitamin E: 0.16mg (1.09%)