



San Antonio Migas

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



652 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons in a bowl
- 4 ounce chiles green drained canned
- 4 2-inch corn tortillas sliced into 1/ strips, then cut into rectangles
- 8 large eggs
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup pepper jack cheese shredded
- 0.5 cup bell pepper red chopped
- 2 roma tomatoes seeded chopped

- 3 tablespoons butter unsalted
- 3 tablespoons vegetable oil
- 0.5 cup vidalia sweet chopped

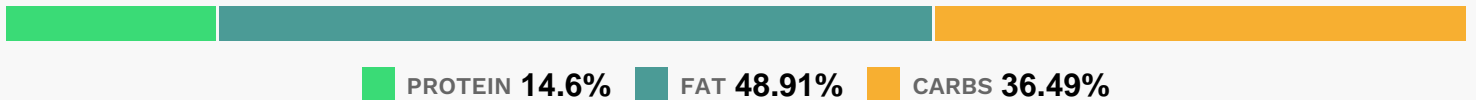
Equipment

- frying pan

Directions

- Heat the butter and oil in a large skillet over medium-high heat. Once the butter melts, add the tortilla strips and cook, stirring and tossing, until they are all golden and crispy.
- Cook the vegetables: When the tortillas are crisp, add the bell pepper, chiles and onion to the skillet. Season with a pinch of salt and a few grinds of black pepper. Cook until tender, about 5 minutes.
- Add the eggs to the pan, season with salt and reduce the heat to medium low. Cook, stirring to scramble and combine, until most of the moisture is cooked out, then remove from the heat. Stir in the tomatoes.
- Serve topped with cheese.
- Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:44.88, Glycemic Load:22.64, Inflammation Score:-9, Nutrition Score:25.938260907712%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 651.53kcal (32.58%), Fat: 36.04g (55.45%), Saturated Fat: 13.32g (83.27%), Carbohydrates: 60.5g (20.17%), Net Carbohydrates: 51.72g (18.81%), Sugar: 4.05g (4.5%), Cholesterol: 407.15mg (135.72%), Sodium: 430.46mg (18.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.41%), Phosphorus: 642.15mg (64.22%), Selenium: 40.02µg (57.17%), Vitamin C: 38.74mg (46.96%), Vitamin B2: 0.62mg (36.72%), Vitamin A: 1791.14IU (35.82%), Fiber: 8.78g (35.11%), Vitamin B6: 0.57mg (28.52%), Calcium: 275.29mg (27.53%), Magnesium: 106.85mg (26.71%), Manganese: 0.49mg (24.29%), Iron: 4.07mg (22.61%), Vitamin K: 23.73µg (22.6%), Zinc: 3.37mg (22.46%), Folate: 88.7µg (22.18%), Vitamin E: 2.95mg (19.67%), Vitamin B5: 1.83mg (18.3%), Vitamin B12: 1.03µg (17.08%), Potassium: 533.93mg (15.26%), Vitamin D: 2.24µg (14.95%), Copper: 0.29mg (14.39%), Vitamin B1: 0.18mg (12.16%), Vitamin B3: 2.37mg (11.87%)