



Spanishy Scrambled Eggs with Bell Peppers and Garlic Toast

READY IN



60 min.

SERVINGS



6

CALORIES



362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 servings pepper black freshly ground
- 4 ounces chorizo spanish
- 10 large eggs
- 1 medium garlic clove peeled
- 8 ounces bread french italian cut into 1/2-inch-thick slices
- 0.5 teaspoon kosher salt as needed plus more
- 3 tablespoons milk (not nonfat)
- 3 tablespoons olive oil

- 2 medium bell pepper red cored seeded sliced
- 0.8 teaspoon paprika smoked
- 1 medium onion yellow halved sliced

Equipment

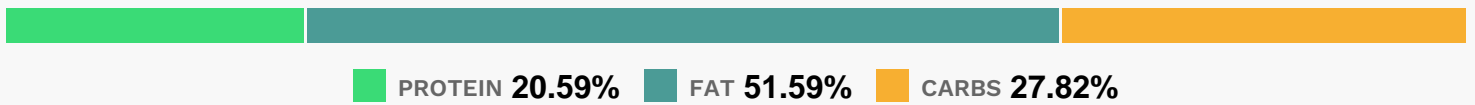
- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- spatula

Directions

- Heat the oven to broil and arrange a rack in the middle.
- Place the bread on a baking sheet, brush with 1 tablespoon of the oil, and season with salt and pepper. Broil until browned and toasted, about 2 to 3 minutes.
- Transfer the sheet to a wire rack and rub the tops of the toasts lightly with the garlic clove. Set the toasts and garlic clove aside.
- Place 1 tablespoon of the oil and the chorizo in a large nonstick frying pan and place over medium heat. Cook, stirring occasionally, until the chorizo is starting to crisp, about 4 to 5 minutes.
- Add the peppers, onion, paprika, and reserved garlic clove. Season with salt and pepper and cook, stirring occasionally, until the peppers and onions are very soft and beginning to brown, about 20 to 30 minutes. Turn off the heat, transfer the mixture to a medium bowl, and remove and discard the garlic clove. Reserve the pan.
- Place the eggs, milk, and measured salt in a medium bowl, season with pepper, and whisk until the eggs are broken up; set aside.
- Place the reserved pan over medium-low heat, add the remaining tablespoon of oil, and swirl the pan until it's evenly coated.

- Pour in the egg mixture and let it sit undisturbed until the eggs just start to set around the edges, about 1 to 2 minutes. Using a rubber spatula, push the eggs from the edges into the center.
- Let them sit again for about 30 seconds, then repeat, pushing the eggs from the edges into the center every 30 seconds until just set, for a total cooking time of about 5 minutes.
- Remove from the heat, taste, and season with salt and pepper as needed. Divide the toasts among 6 plates. Divide the eggs over the toasts and top with the reserved pepper-chorizo mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.08, Glycemic Load:16.2, Inflammation Score:-8, Nutrition Score:19.184782463571%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 361.71kcal (18.09%), Fat: 20.64g (31.76%), Saturated Fat: 5.64g (35.25%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 22.94g (8.34%), Sugar: 4.89g (5.43%), Cholesterol: 322.71mg (107.57%), Sodium: 545.45mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.54g (37.07%), Vitamin C: 52.29mg (63.38%), Selenium: 36.76µg (52.51%), Vitamin A: 1895.71IU (37.91%), Vitamin B2: 0.6mg (35%), Folate: 107.54µg (26.89%), Phosphorus: 229.6mg (22.96%), Vitamin B1: 0.34mg (22.51%), Iron: 3.62mg (20.12%), Vitamin E: 2.67mg (17.8%), Vitamin B6: 0.34mg (16.8%), Vitamin B5: 1.59mg (15.91%), Manganese: 0.32mg (15.77%), Vitamin B12: 0.78µg (13.04%), Vitamin D: 1.75µg (11.66%), Vitamin B3: 2.33mg (11.66%), Zinc: 1.65mg (10.98%), Calcium: 84.65mg (8.47%), Fiber: 2.1g (8.4%), Potassium: 290.08mg (8.29%), Magnesium: 30.34mg (7.58%), Copper: 0.14mg (6.81%), Vitamin K: 7.14µg (6.8%)