



Tex-Mex Migas

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



563 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.2 ounces cheddar cheese grated
- ☐ 4.2 ounces chorizo
- ☐ 1 clove garlic minced
- ☐ 4 large eggs
- ☐ 60 grams onion chopped (-)
- ☐ 0.3 cups pico de gallo
- ☐ 30 grams bell pepper chopped red (-)
- ☐ 0.8 cup tortilla chips crumbled low-sodium

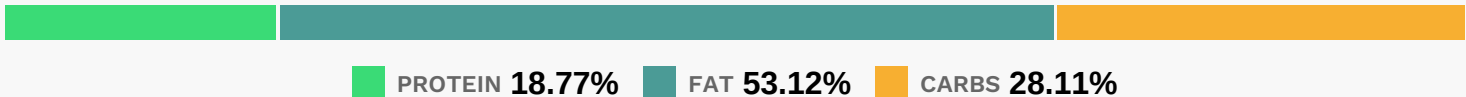
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Break the eggs into a bowl and whisk together the whites and yolks until well combined.
- ☐ Add the chorizo to a pan over medium heat and fry, breaking it up into crumbles. As the meat cooks it will release a lot of oil. Push the chorizo to the edges of the pan, leaving as much oil in the center as possible.
- ☐ Add the garlic, onions and bell peppers and sauté until the onions start turning translucent.
- ☐ Add the tortilla chips and salsa and mix everything together with the chorizo, making sure the chips are covered in oil.
- ☐ Pour the eggs over everything and then sprinkle the cheese on top. Give the mixture a couple stirs until the eggs are cooked just shy of your desired doneness. The eggs will continue to cook once you plate them, so if you want them soft, you need to take them out of the pan when they're still just a bit runny.
- ☐ Garnish with cilantro and serve with warm tortillas.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:16.836521687715%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 562.76kcal (28.14%), Fat: 33.2g (51.08%), Saturated Fat: 10.17g (63.57%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 36.35g (13.22%), Sugar: 6.17g (6.86%), Cholesterol: 411.76mg (137.25%), Sodium: 568.55mg (24.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.79%), Selenium: 33.7µg (48.14%), Phosphorus: 321.61mg (32.16%), Vitamin B2: 0.52mg (30.64%), Vitamin C: 24.04mg (29.14%), Vitamin A: 1427.23IU (28.54%), Vitamin B5: 2.15mg (21.48%), Iron: 3.71mg (20.62%), Vitamin E: 2.84mg (18.9%), Vitamin B6: 0.35mg (17.36%), Folate: 65.36µg (16.34%), Vitamin B12: 0.92µg (15.28%), Zinc: 2.08mg (13.9%), Magnesium: 54.09mg (13.52%), Vitamin D: 2.02µg (13.44%), Calcium: 130.42mg (13.04%), Fiber: 3.19g (12.74%), Vitamin K: 10.25µg (9.77%), Potassium: 299.92mg (8.57%), Vitamin B1: 0.13mg (8.4%), Copper: 0.13mg (6.67%), Manganese: 0.11mg (5.44%), Vitamin B3: 0.63mg (3.15%)