



Tex-Mex Migas

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients

- 1 tablespoon canola oil
- 4 6-inch corn tortillas cut into 1/2-inch-wide strips ()
- 3 large egg whites
- 3 large eggs
- 0.5 cup green onions sliced
- 0.3 cup jalapeño peppers seeded chopped (2 large)
- 0.7 cup low sodium shoyu
- 0.3 cup monterrey jack cheese shredded

0.5 cup onion chopped

Equipment

bowl

frying pan

whisk

Directions

Place eggs and egg whites in a bowl; stir with a whisk until blended.

Heat a medium nonstick skillet over medium-high heat.

Add oil to pan; swirl to coat.

Add tortilla strips to pan, and cook 3 minutes or until brown, stirring frequently.

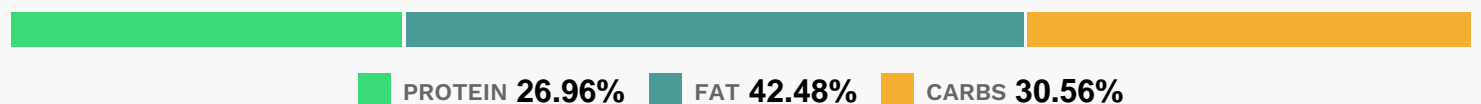
Add onion and jalapeo peppers to pan; saut 2 minutes or until tender. Stir in 2/3 cup salsa, and cook, stirring constantly, 1 minute.

Add egg mixture; cook 2 minutes or until eggs are soft-set, stirring occasionally.

Sprinkle egg mixture with cheese. Cook 30 seconds or until cheese melts. Top with green onions, and serve immediately.

Serve with hot sauce, red salsa, or green salsa, if desired.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:5.71, Inflammation Score:0, Nutrition Score:12.904782564744%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 227.1kcal (11.35%), Fat: 10.89g (16.76%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 14.88g (5.41%), Sugar: 2.17g (2.42%), Cholesterol: 147.88mg (49.29%), Sodium: 1695.5mg (73.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.12%), Vitamin K: 29.84µg (28.42%), Phosphorus: 283.85mg (28.39%), Selenium: 19.82µg (28.32%), Vitamin B2: 0.46mg (26.76%), Manganese: 0.33mg (16.52%), Magnesium: 63.15mg (15.79%), Calcium: 141.07mg (14.11%), Folate: 53.63µg (13.41%), Vitamin C: 10.5mg (12.73%), Vitamin B6: 0.25mg (12.63%), Fiber: 2.76g (11.03%), Potassium: 375.33mg (10.72%), Iron: 1.88mg (10.44%), Vitamin E: 1.55mg (10.35%), Zinc: 1.54mg (10.27%), Vitamin A: 461.1IU (9.22%), Vitamin B5: 0.86mg (8.58%), Vitamin B12: 0.43µg (7.24%), Copper: 0.12mg (5.87%), Vitamin B3: 1.1mg (5.49%), Vitamin D: 0.81µg (5.38%), Vitamin B1: 0.08mg (5.14%)