



Tex-Mex Migas

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon butter
- 4 ounce chiles green chopped canned
- 6 large eggs
- 6 8-inch flour tortillas ()
- 0.3 cup sharp cheddar cheese shredded
- 0.5 tomatoes chopped
- 0.3 cup tortilla chips crushed to taste

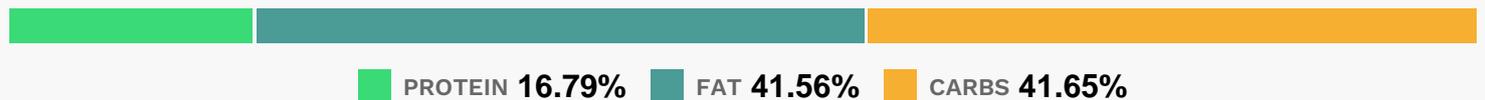
Equipment

- frying pan
- microwave

Directions

- Melt butter in a large skillet over medium heat; cook and stir green chiles and tomato in the melted butter until tomato is softened, about 5 minutes. Crack eggs directly into the skillet and stir until yolks break; cook until eggs are scrambled and slightly set, 2 to 3 minutes.
- Sprinkle tortilla chips over eggs; mix chips into eggs. Move egg mixture to the side of the skillet, turn off heat, and sprinkle egg mixture with Cheddar cheese. Cover skillet and set aside until cheese is melted and eggs are cooked through, about 5 minutes.
- Stack flour tortillas on a microwave-safe plate; microwave until tortillas are warmed, about 30 seconds.
- Spoon egg mixture onto each tortilla and top with about 1 tablespoon taco sauce.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:8.1, Inflammation Score:-5, Nutrition Score:12.397391360739%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 291.93kcal (14.6%), Fat: 13.39g (20.59%), Saturated Fat: 5.3g (33.13%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 27.7g (10.07%), Sugar: 2.4g (2.67%), Cholesterol: 195.73mg (65.24%), Sodium: 583.42mg (25.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.33%), Selenium: 28.35µg (40.49%), Phosphorus: 241.5mg (24.15%), Vitamin B2: 0.4mg (23.81%), Folate: 84.82µg (21.2%), Vitamin B1: 0.29mg (19.36%), Iron: 3.09mg (17.15%), Calcium: 149.22mg (14.92%), Manganese: 0.28mg (13.9%), Vitamin B3: 2.51mg (12.57%), Fiber: 2.49g (9.95%), Vitamin A: 484.83IU (9.7%), Vitamin C: 7.87mg (9.54%), Vitamin B5: 0.95mg (9.54%), Vitamin B12: 0.5µg (8.31%), Zinc: 1.19mg (7.94%), Vitamin B6: 0.16mg (7.89%), Vitamin D: 1.03µg (6.86%), Magnesium: 24.45mg (6.11%), Vitamin K: 5.91µg (5.63%), Vitamin E: 0.84mg (5.59%), Potassium: 191.31mg (5.47%), Copper: 0.1mg (5.06%)