



Tex-Mex Scrambled Eggs

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



446 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 pound sausage meat
- 1 tablespoon canola oil
- 3 5-inch corn tortillas cut into bite size pieces (es)
- 3 eggs lightly beaten
- 0.5 teaspoon garlic powder
- 1 tablespoon jalapeno seeded chopped
- 2 tablespoons onion chopped
- 0.5 teaspoon salt

0.3 cup cheddar cheese shredded

0.3 cup tomatoes chopped

Equipment

frying pan

Directions

In a skillet, cook the sausage, onion and tortillas in oil over medium-high heat until sausage is no longer pink and tortillas are lightly browned; drain.

Stir in tomato, jalapeno, garlic powder and salt; heat through. Reduce heat to medium.

Add eggs; cook and stir until eggs are completely set.

Sprinkle with cheese.

Serve immediately.

Nutrition Facts

PROTEIN 19.85% **FAT 66.94%** **CARBS 13.21%**

Properties

Glycemic Index:90.25, Glycemic Load:5.36, Inflammation Score:-5, Nutrition Score:15.804347971211%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 445.83kcal (22.29%), Fat: 33.11g (50.93%), Saturated Fat: 10.08g (63%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 12.39g (4.5%), Sugar: 2.04g (2.27%), Cholesterol: 299.64mg (99.88%), Sodium: 1134.13mg (49.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.19%), Phosphorus: 360.17mg (36.02%), Selenium: 24.13µg (34.47%), Vitamin B2: 0.45mg (26.18%), Vitamin B6: 0.42mg (21.21%), Vitamin B12: 1.24µg (20.69%), Zinc: 2.92mg (19.47%), Vitamin E: 2.54mg (16.93%), Vitamin B3: 3.36mg (16.82%), Vitamin C: 13.44mg (16.29%), Calcium: 161.01mg (16.1%), Vitamin A: 779.59IU (15.59%), Vitamin B1: 0.23mg (15.26%), Vitamin B5: 1.52mg (15.18%), Vitamin D: 2.13µg (14.18%), Iron: 2.33mg (12.92%), Potassium: 390.75mg (11.16%), Folate: 42.65µg (10.66%),

Magnesium: 42.63mg (10.66%), Fiber: 2.3g (9.22%), Vitamin K: 9.16µg (8.72%), Manganese: 0.16mg (8.12%), Copper: 0.15mg (7.65%)