



Tex-Mex Skillet

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 10 eggs beaten
- 1 bell pepper green chopped
- 0.5 cup lime zest kraft
- 1 tsp oil
- 0.5 cup onions red chopped
- 0.8 cup taco bellâ® & chunky mild salsa thick
- 3 cups coarsely tortilla chips crushed

Equipment

frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add vegetables; cook 3 to 5 min. or until crisp-tender, stirring frequently.
- Add crushed chips and dressing; mix lightly.
- Stir in eggs; cook 5 min. or until set, stirring occasionally.
- Add cheese; cook and stir 1 min. or until melted.
- Remove from heat; top with salsa.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:5.4252174107925%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 171.6kcal (8.58%), Fat: 10.97g (16.88%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 12.18g (4.43%), Sugar: 1.07g (1.19%), Cholesterol: 87.49mg (29.16%), Sodium: 189.13mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Selenium: 9.32µg (13.31%), Phosphorus: 113.72mg (11.37%), Vitamin K: 11.01µg (10.48%), Vitamin E: 1.35mg (9.01%), Vitamin B2: 0.14mg (8.44%), Calcium: 74.8mg (7.48%), Vitamin C: 5.26mg (6.38%), Vitamin B5: 0.6mg (5.96%), Vitamin B6: 0.11mg (5.37%), Magnesium: 21.11mg (5.28%), Fiber: 1.28g (5.1%), Zinc: 0.76mg (5.09%), Vitamin A: 244.83IU (4.9%), Vitamin B12: 0.26µg (4.26%), Iron: 0.73mg (4.03%), Folate: 15.34µg (3.84%), Vitamin D: 0.47µg (3.16%), Potassium: 108.01mg (3.09%), Vitamin B1: 0.04mg (2.88%), Copper: 0.05mg (2.31%), Vitamin B3: 0.31mg (1.53%), Manganese: 0.03mg (1.51%)