



Tomatillo Scrambled Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 Tbsp olive oil extra virgin
- ☐ 0.5 pound tomatillos rinsed roughly chopped
- ☐ 0.5 cup onion chopped
- ☐ 1 garlic clove minced
- ☐ 1 jalapeño chile pepper fresh hot canned minced (more or less depending on how the pepper is, and how much heat you want)
- ☐ 5 to 6 eggs
- ☐ 2 servings salt and pepper
- ☐ 2 servings some cilantro fresh chopped for garnish

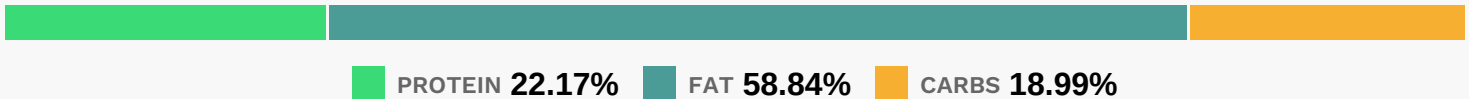
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Cook chopped tomatillos, onion, garlic, jalapeño in skillet:
- ☐ Heat a tablespoon of oil in a medium-sized skillet on medium heat.
- ☐ Add the chopped tomatillos, onion, garlic, jalapeño chile pepper, and if you want, a small squeeze of lemon or lime juice.
- ☐ Sprinkle with a little salt.
- ☐ Cook on medium to medium heat for about 5 minutes, stirring occasionally, until the onions have softened, and the tomatillos are no longer bright green.
- ☐ Add the eggs directly to the pan (no need to whisk first). Break up the yolks with your stirring spoon. Cook gently, stirring and scraping the bottom of the pan with a wooden spoon. Salt and pepper to taste.
- ☐ Remove from heat when the eggs begin to set, but are still moist, about 3 minutes.
- ☐ Serve immediately.
- ☐ Add salt and pepper to taste.
- ☐ Sprinkle with chopped fresh cilantro for garnish.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:1.71, Inflammation Score:-7, Nutrition Score:19.341304322948%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 282.73kcal (14.14%), Fat: 18.76g (28.87%), Saturated Fat: 4.59g (28.71%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 10.43g (3.79%), Sugar: 7.77g (8.63%), Cholesterol: 409.2mg (136.4%), Sodium: 355.19mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.81%), Vitamin C: 49.06mg (59.46%), Selenium: 34.86µg (49.81%), Vitamin B2: 0.57mg (33.79%), Phosphorus: 285.64mg (28.56%), Vitamin B6: 0.43mg (21.56%), Vitamin B5: 1.96mg (19.6%), Vitamin A: 945.16IU (18.9%), Vitamin K: 19.64µg (18.71%), Vitamin E: 2.76mg (18.41%), Folate: 72.52µg (18.13%), Potassium: 593.2mg (16.95%), Iron: 3.01mg (16.73%), Vitamin B12: 0.98µg (16.32%), Manganese: 0.32mg (16.2%), Vitamin D: 2.2µg (14.67%), Fiber: 3.21g (12.83%), Vitamin B3: 2.52mg (12.59%), Zinc: 1.81mg (12.09%), Magnesium: 45.46mg (11.37%), Copper: 0.22mg (10.91%), Vitamin B1: 0.13mg (8.77%), Calcium: 84.86mg (8.49%)