



Tortilla Chorizo Scramble

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 ounces chorizo diced dry
- ☐ 4 eggs
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 2 slices pepper jack cheese

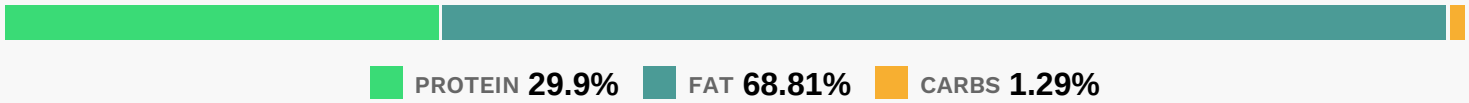
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Beat eggs in a small bowl. Set aside.
- ☐ Combine tortilla slices and chorizo in a skillet over medium heat. Cook, stirring, until tortillas are crisped, 5 minutes.
- ☐ Place cheese slices on top of chorizo and tortillas; pour in eggs. Reduce heat to low and cook, stirring, until eggs are cooked through, 3 minutes. Season with salt and pepper to taste; garnish with chives.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:10.939565335927%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 285.87kcal (14.29%), Fat: 21.33g (32.81%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 0.91g (0.3%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.46g (0.51%), Cholesterol: 363.77mg (121.26%), Sodium: 251.31mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.7%), Selenium: 30.08µg (42.97%), Vitamin B2: 0.49mg (28.59%), Phosphorus: 268.51mg (26.85%), Calcium: 207.76mg (20.78%), Vitamin A: 803.78IU (16.08%), Vitamin B12: 0.96µg (15.96%), Vitamin B5: 1.4mg (13.99%), Iron: 2.27mg (12.62%), Vitamin D: 1.89µg (12.57%), Zinc: 1.77mg (11.83%), Folate: 46.73µg (11.68%), Vitamin B6: 0.17mg (8.43%), Vitamin E: 0.98mg (6.55%), Magnesium: 17.03mg (4.26%), Potassium: 144.22mg (4.12%), Vitamin K: 4.15µg (3.95%), Copper: 0.07mg (3.69%), Vitamin B1: 0.04mg (2.64%), Manganese: 0.05mg (2.26%), Vitamin C: 0.87mg (1.06%)