



Vegetable Egg Fajitas

READY IN



25 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 eggs
- 0.3 cup milk
- 1 tablespoon butter
- 1 medium bell pepper cut into 1/4-inch strips
- 1 medium onion thinly sliced
- 1 oz suya seasoning mix
- 11 oz flour tortilla for burritos (8 count)
- 0.5 cup salsa thick

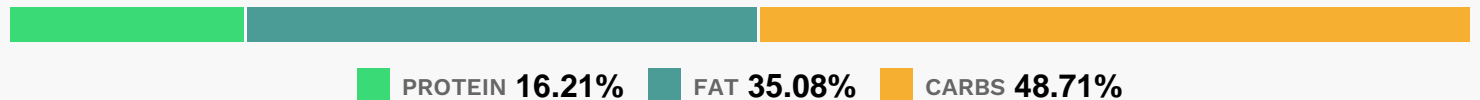
Equipment

- frying pan
- spatula

Directions

- Beat eggs and milk with fork; set aside.
- In 12-inch skillet, melt margarine over medium-high heat. Cook bell pepper, onion and seasoning mix in margarine about 4 minutes, stirring occasionally, until vegetables are tender.
- Remove vegetables from skillet; keep warm.
- Reduce heat to medium; pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portions can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are firm but still moist.
- Spoon one-fourth of the egg mixture onto center of each tortilla; top with vegetables. Fold right and left sides of tortilla over mixture, overlapping. Top each fajita with 2 tablespoons salsa.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:13.56, Inflammation Score:-9, Nutrition Score:27.065217183984%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 417.25kcal (20.86%), Fat: 16.46g (25.32%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 51.41g (17.14%), Net Carbohydrates: 43.99g (16%), Sugar: 8.06g (8.95%), Cholesterol: 247.96mg (82.65%), Sodium: 925.51mg (40.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Selenium: 38.81µg (55.45%), Vitamin K: 52.87µg (50.35%), Vitamin C: 40.9mg (49.58%), Manganese: 0.86mg (43.18%), Iron: 6.92mg (38.42%), Vitamin B2: 0.63mg (37.14%), Folate: 141.35µg (35.34%), Phosphorus: 349.22mg (34.92%), Vitamin A: 1723.11IU (34.46%),

Vitamin B1: 0.48mg (32.19%), Calcium: 307.54mg (30.75%), Fiber: 7.42g (29.67%), Vitamin B3: 4.53mg (22.67%),
Vitamin B6: 0.42mg (21.08%), Vitamin E: 2.98mg (19.85%), Vitamin B5: 1.48mg (14.77%), Magnesium: 57.95mg
(14.49%), Potassium: 496.58mg (14.19%), Vitamin B12: 0.7µg (11.68%), Zinc: 1.72mg (11.5%), Copper: 0.21mg (10.53%),
Vitamin D: 1.54µg (10.29%)