MEXICAN · BREAKFAST

Huevos a la Mexicana (Mexican Scrambled Eggs)

15 min · Serves 2 · 206 kcal a serve · Video 7:20 · Mi Amiga Gaby - Cocina Mexicana

Vegetarian · Gluten-free ingredients · Dairy-free · Nut-free

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A quick, light way to start the day: two eggs give about 14 g protein per serve, the tomato and chilli add vitamin C, and the whole pan uses just a teaspoon of oil.

Diet notes: Low carb (6 g net carbs) but not keto: 57% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

6 · SERVES 2

- [ ] 4 **eggs**
- [ ] 2 saladet (roma) tomatoes, diced
- [ ] ¼ **onion**, diced
- [ ] **serrano chilli** to taste (about 1), thinly sliced
- [ ] 1 tsp **oil**
- [ ] ½ tsp **salt**

Contains: Egg. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Dice the tomatoes and onion and thinly slice the serrano chilli. 1:29
2. Crack the eggs into a bowl and beat until the whites and yolks are completely blended. 1:47
3. Heat the oil in a frying pan over medium heat for about 2 minutes. Add the onion and cook until it starts to turn translucent, turning the heat down to low. 2:35
4. Add the tomato and chilli and cook until the tomato softens and its juices start to bubble. Season with the salt. 3:38
5. Pour in the eggs and stir constantly so they don't stick. Turn off the heat as soon as the eggs are set and no longer runny, and serve. 4:22

> **Tip** Serves 2, 2 eggs each (our estimate; the cook doesn't say). Use serrano or jalapeño to taste, or pick the chilli out when serving if you like it mild. Good with warm corn tortillas.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
206 kcal	14 g	7.9 g	1.9 g	13 g	710 mg
860 kJ	28% of a day	6 g net · 5.3 g sugars	7% of a day	3.5 g saturated	31% of a day
		3% of a day		17% of a day	

Energy from net carbs 12% · protein 28% · fat 60% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 56% · Vitamin B12 46% · Vitamin C 25% · Vitamin A 23%

Source of (10–19%) Folate 17% · Omega-3 17% · Vitamin E 15% · Vitamin B6 15% · Zinc 13% · Vitamin D 11% · Potassium 10% · Vitamin K 10%

Recipe and video: Mi Amiga Gaby - Cocina Mexicana (@MiAmigaGaby) on YouTube — youtube.com/watch?v=mqlMhfiwUWs, published 19 January 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/gaby-huevos-a-la-mexicana