

# Mexican Breakfast Bowl

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-mexican-bowl-recipe>

## Ingredients:

- 2 large eggs
- 1 chorizo link, 4 ounces
- 1/2 avocado ripe
- 2 tablespoons sour cream
- 1/4 cup cheddar cheese
- 1/4 small tomato
- 1 tablespoon cilantro optional

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 140 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 8 grams
8. Sodium: 440 milligrams
9. Sugar: 1 grams

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