

# Mexican Scrambled Eggs

Yield: 1 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-scrambled-eggs-recipe>

## Ingredients:

- 2 eggs beaten
- 1 dash milk
- 2 spring onions sliced
- 8 cherry tomatoes halved
- 1 chilli pepper sliced
- 1 tablespoon coriander leaf chopped
- 2 7/16 tablespoons hard cheese I used Cheddar
- 3 handfuls spinach
- black pepper
- 1 slice toast

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 450 milligrams
4. Fat: 19 grams
5. Fiber: 7 grams
6. Protein: 25 grams
7. SaturatedFat: 7 grams
8. Sodium: 570 milligrams
9. Sugar: 8 grams

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