

# Migas (Mexican Egg Tortilla Breakfast Skillet)

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-migas>

## Ingredients:

- 2 1/2 tablespoons olive oil or other cooking fat
- 8 eggs
- 1/2 teaspoon coarse sea salt
- 4 corn tortillas cut into squares
- 1 green bell pepper medium, diced
- 1/2 red bell pepper medium, diced
- 1/2 yellow onion medium, diced
- 2 teaspoons minced garlic
- 2 Roma tomatoes medium, diced
- 1/4 teaspoon chili powder
- 1/4 teaspoon cumin
- 1 pinch black pepper

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 425 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 4 grams
8. Sodium: 450 milligrams
9. Sugar: 4 grams

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