

# Low-Carb Tex Mex Migas

Hands-on 15 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 12.7 g, Fiber: 6.2 g, **Net carbs: 6.5 g**,

Protein: 20.7 g, Fat: 32.5 g, Calories: 422 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 2 heaped tbsp ghee or butter (30 g/ 1.1 oz)
- 3 regular 8-inch Keto Tortillas (105 g/ 3.7 oz) - *will take an additional hour to prepare, can be made in advance*
- 1 large red pepper, chopped (164 g/ 5.8 oz)
- 1 small brown onion, chopped (70 g/ 2.5 oz)
- 2 cloves garlic, finely diced
- 1 jalapeno pepper, sliced (14 g/ 0.5 oz)
- 8 large eggs
- 1 cup cherry tomatoes, halved (150 g/ 5.3 oz)
- 1/2 cup grated cheddar cheese (57 g/ 2 oz)
- 1/4 tsp sea salt or to taste
- 1/4 cracked black pepper

### To serve:

- 2 small spring onions, sliced (10 g/ 0.4 oz)
- 1 tbsp chopped fresh cilantro

### Optional toppings:

- 1 tbsp Sriracha sauce (15 ml) - *you can make your own*
- 1 tbsp lime juice (15 ml)
- 1 large avocado, sliced (200 g/ 7.1 oz)

## Instructions

1. Preheat the oven to 180 °C/ 355 °F (fan assisted). Prepare and bake the keto tortilla chips if you don't have any. The tortilla chips can be made in advance and kept in an airtight container for up to a week.
2. Whisk the eggs, salt and pepper together in a mixing bowl and add 1/4 cup of grated cheese (half of the total amount).
3. Heat the ghee or butter in a non-stick frying pan on a low-medium heat. Add the chopped peppers, onion and jalapeño. Fry for 3 – 4

minutes until the onions become translucent. Add the tomatoes and cook for 2 further minutes. Add the garlic for 1 further minute. Add the eggs and cook to your liking.

4. Place in the tortilla chips. Some wedged underneath and others round the side.
5. Sprinkle with the remaining cheese and bake in the oven for 3 minutes until the cheese melts.
6. Remove from the oven and serve with chopped fresh cilantro and spring onion. Optionally, add avocado, lime, sriracha hot sauce and a sprinkling more of cracked black pepper. Best served fresh but can be stored in the fridge for 1 day.

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