



Authentic Huevos Rancheros

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



389 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon butter
- 8 slices bacon crumbled cooked
- 4 6-inch corn tortillas ()
- 4 eggs
- 1 cup to 2 chilies slit with green chilies
- 1 cup cheddar cheese shredded
- 2 tablespoons vegetable oil

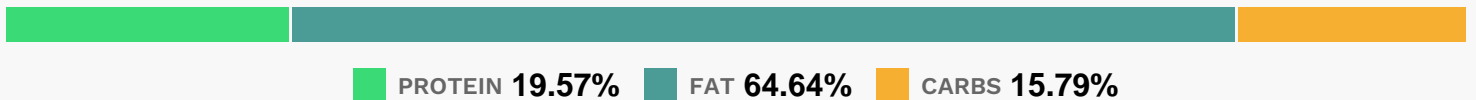
Equipment

- frying pan
- paper towels
- microwave

Directions

- Heat oil in a small skillet over medium-high heat. Fry tortillas one at a time until firm, but not crisp.
- Remove to paper towels to drain grease.
- Meanwhile, combine the refried beans and butter in a microwave-safe dish. Cover, and cook in the microwave until heated through. When tortillas are done, fry eggs over easy in the skillet.
- Add more oil if the tortillas have absorbed it all.
- Place tortillas onto plates, and spread a layer of beans on them. Top with cheese, a fried egg, crumbled bacon and if desired, salsa.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:5.22, Inflammation Score:-4, Nutrition Score:12.923043458358%

Nutrients (% of daily need)

Calories: 388.94kcal (19.45%), Fat: 27.96g (43.02%), Saturated Fat: 10.52g (65.74%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 12.5g (4.55%), Sugar: 1.73g (1.93%), Cholesterol: 210.46mg (70.15%), Sodium: 660.65mg (28.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.04g (38.09%), Selenium: 31.21µg (44.59%), Phosphorus: 360.52mg (36.05%), Calcium: 247.49mg (24.75%), Vitamin B2: 0.38mg (22.36%), Zinc: 2.44mg (16.24%), Vitamin B12: 0.87µg (14.46%), Vitamin K: 13.4µg (12.76%), Vitamin B6: 0.24mg (11.84%), Fiber: 2.88g (11.5%), Vitamin A: 558.34IU (11.17%), Vitamin B3: 2.12mg (10.59%), Vitamin B5: 1mg (10%), Vitamin B1: 0.14mg (9.33%), Vitamin E: 1.4mg (9.33%), Magnesium: 36.61mg (9.15%), Vitamin D: 1.11µg (7.42%), Iron: 1.29mg (7.16%), Folate: 27.95µg (6.99%), Potassium: 210.97mg (6.03%), Vitamin C: 4.5mg (5.45%), Manganese: 0.1mg (5.17%), Copper: 0.1mg (4.89%)