



Baked Huevos Rancheros



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



801 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 can tomato sauce
- ☐ 4 servings cilantro leaves chopped for garnish
- ☐ 8 large eggs
- ☐ 1 garlic clove minced
- ☐ 0.5 small bell pepper diced green finely
- ☐ 1 jalapeño minced seeded
- ☐ 0.8 cup monterey jack shredded
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 small onion finely chopped
- ☐ 0.5 teaspoon oregano dried crumbled
- ☐ 4 servings salt and pepper freshly ground
- ☐ 3 cups tortilla chips
- ☐ 0.3 cup water

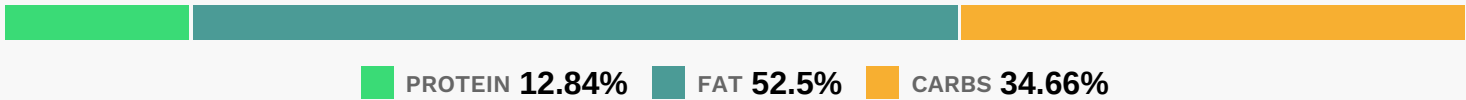
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 40
- ☐ In a saucepan, heat the olive oil.
- ☐ Add the onion, bell pepper, jalapeo, garlic and oregano. Season with salt and pepper and cook over high heat, stirring, until lightly browned, 5 minutes.
- ☐ Add the tomato sauce and water and simmer for 5 minutes, until slightly thickened.
- ☐ Spoon the sauce into 4 individual, shallow baking dishes and arrange the tortilla chips around the sides. Crack 2 eggs into each dish and sprinkle with the cheese. Set the dishes on a baking sheet and bake for 15 to 20 minutes, until the egg whites are set and the yolks are still runny.
- ☐ Sprinkle with cilantro and serve right away.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:3.46, Inflammation Score:-9, Nutrition Score:28.304347909015%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 800.94kcal (40.05%), Fat: 47.85g (73.62%), Saturated Fat: 11.55g (72.21%), Carbohydrates: 71.08g (23.69%), Net Carbohydrates: 63.2g (22.98%), Sugar: 8.33g (9.25%), Cholesterol: 390.86mg (130.29%), Sodium: 1553.94mg (67.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.33g (52.66%), Vitamin E: 8.75mg (58.36%), Selenium: 38.81µg (55.44%), Phosphorus: 541.44mg (54.14%), Vitamin B2: 0.72mg (42.5%), Calcium: 340.77mg (34.08%), Vitamin K: 35.02µg (33.35%), Vitamin B5: 3.17mg (31.74%), Fiber: 7.89g (31.54%), Vitamin A: 1524.99IU (30.5%), Vitamin C: 25.05mg (30.36%), Magnesium: 119.91mg (29.98%), Vitamin B6: 0.58mg (28.81%), Iron: 5.11mg (28.37%), Potassium: 874.31mg (24.98%), Zinc: 3.55mg (23.7%), Folate: 82.34µg (20.58%), Copper: 0.38mg (18.95%), Vitamin B12: 1.07µg (17.76%), Vitamin B1: 0.22mg (14.76%), Vitamin D: 2.13µg (14.18%), Manganese: 0.28mg (13.77%), Vitamin B3: 2.63mg (13.15%)