



 **22%**  
HEALTH SCORE

# Black Bean and Beef Chilaquiles with Fried Eggs

 **Gluten Free**

READY IN



**55 min.**

SERVINGS



**6**

CALORIES



**630 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds brisket cooked chopped
- 6 servings butter for the skillet
- 15 ounce black beans rinsed drained canned
- 15 ounce canned tomatoes diced with green chilies canned
- 1.5 teaspoons ground pepper
- 10 1-inch corn tortillas cut into strips
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- 4 large eggs (organic per person)
- 6 servings cilantro leaves (fresh for garnish)
- 6 servings fresno and jalapeno peppers (fresh thinly sliced for garnish)
- 1 tablespoon garlic powder
- 1 teaspoon ground cinnamon
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons ground ginger
- 0.3 cup kosher salt
- 0.3 cup brown sugar (packed)
- 0.3 cup brown sugar (packed)
- 6 servings lime wedges (for garnish)
- 1 tablespoon mustard seeds
- 2 teaspoons oregano (dried)
- 1.5 cups pepper jack cheese (shredded)
- 1 cup sharp cheddar cheese (shredded white)
- 3 tablespoons paprika (smoked sweet)

## Equipment

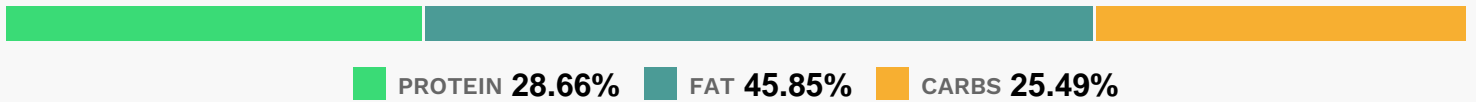
- frying pan
- baking sheet
- oven
- wire rack
- casserole dish

## Directions

- Preheat the oven to 400 degrees F. Arrange the tortilla strips on a wire rack set over a baking sheet. Spray the tortillas with cooking spray and sprinkle with the Spice Blend.
- Bake until crisp and golden, 7 to 8 minutes.

- Spread the tomatoes in the bottom of a 12-to-13-inch casserole dish and scatter the beans on top. Top with the tortillas, then the beef, and finally sprinkle with the cheeses.
- Bake until the filling is bubbling and the top is browned. Meanwhile, fry the eggs in butter in a skillet. Divide the casserole among plates and serve each portion with a fried egg.
- Garnish with cilantro, chile peppers and lime wedges.
- Combine the salt, brown sugar, paprika, garlic powder, mustard seeds, coriander, cumin, ginger, oregano, cayenne and cinnamon.

## Nutrition Facts



### Properties

Glycemic Index:61.33, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:32.796521725862%

### Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

### Nutrients (% of daily need)

Calories: 630.08kcal (31.5%), Fat: 32.48g (49.98%), Saturated Fat: 15.82g (98.88%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 32.16g (11.7%), Sugar: 20.53g (22.81%), Cholesterol: 249.03mg (83.01%), Sodium: 5468.57mg (237.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.69g (91.39%), Phosphorus: 650.04mg (65%), Selenium: 44.76µg (63.95%), Vitamin B12: 3.49µg (58.25%), Vitamin A: 2768.25IU (55.37%), Zinc: 7.83mg (52.23%), Calcium: 477.93mg (47.79%), Vitamin B2: 0.73mg (42.97%), Vitamin B6: 0.84mg (41.84%), Iron: 7.23mg (40.17%), Manganese: 0.76mg (37.91%), Fiber: 8.47g (33.89%), Vitamin B3: 6.2mg (30.99%), Potassium: 1004.22mg (28.69%), Magnesium: 102.77mg (25.69%), Folate: 90.05µg (22.51%), Vitamin B1: 0.31mg (20.85%), Copper: 0.4mg (20.01%), Vitamin E: 3mg (19.98%), Vitamin B5: 1.42mg (14.21%), Vitamin C: 10.79mg (13.08%), Vitamin K: 13.25µg (12.61%), Vitamin D: 0.95µg (6.33%)