



Black Bean Huevos Rancheros

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



420 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 19 ounce black beans drained and rinsed canned
- 2 teaspoons canola oil
- 0.5 cup chicken broth
- 1 teaspoon chipotle chiles in adobo sauce chopped
- 8 7-inch corn tortillas ()
- 4 eggs
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced

- 0.3 cup green onions sliced
- 1 jalapeno fresh seeded finely chopped
- 2 tablespoons juice of lime fresh
- 0.5 cup monterrey jack cheese shredded
- 4 servings salt to taste
- 1.5 cups tomatoes fresh seeded finely chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- To make the salsa, stir the tomatoes, green onions, cilantro, lime juice, jalapeno pepper, 1 clove minced garlic, and salt to taste, together in a bowl until well blended. Cover, and refrigerate until needed.
- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.
- Place 1 teaspoon canola oil in a skillet, and heat over medium heat. Stir in the garlic, and cook 1 minute until light brown.
- Mix in the black beans, chicken broth, and chiles; simmer until beans are heated through, about 5 minutes. Turn off heat, and keep warm.
- Place four tortillas on the prepared baking sheet.
- Sprinkle the cheese evenly over the tortillas. Top with the remaining four tortillas. Cover the baking sheet with aluminum foil.
- Bake tortillas in preheated oven until cheese melts, about 5 minutes.
- Place the remaining 1 teaspoon canola oil in a skillet, and heat over medium heat. Crack eggs into skillet, and cook to desired firmness.

To assemble huevos rancheros, place filled tortillas on four serving plates. Top each tortilla with black bean mixture, a layer of salsa, and an egg.

Serve immediately.

Nutrition Facts

PROTEIN 20.33% **FAT 27.11%** **CARBS 52.56%**

Properties

Glycemic Index:60.38, Glycemic Load:13.64, Inflammation Score:-8, Nutrition Score:23.103043452553%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 419.72kcal (20.99%), Fat: 12.95g (19.93%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 56.51g (18.84%), Net Carbohydrates: 41.92g (15.24%), Sugar: 2.93g (3.26%), Cholesterol: 176.84mg (58.95%), Sodium: 1001.57mg (43.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.86g (43.72%), Fiber: 14.6g (58.38%), Phosphorus: 524.14mg (52.41%), Manganese: 0.66mg (33.23%), Selenium: 21.73µg (31.05%), Folate: 123.41µg (30.85%), Vitamin B2: 0.5mg (29.44%), Magnesium: 113.2mg (28.3%), Iron: 4.6mg (25.54%), Calcium: 246.84mg (24.68%), Vitamin C: 19.6mg (23.76%), Potassium: 793.36mg (22.67%), Copper: 0.45mg (22.47%), Vitamin K: 23.08µg (21.98%), Vitamin B1: 0.31mg (20.5%), Vitamin A: 990.42IU (19.81%), Vitamin B6: 0.39mg (19.53%), Zinc: 2.76mg (18.38%), Vitamin B3: 2.38mg (11.89%), Vitamin B5: 1.12mg (11.16%), Vitamin E: 1.55mg (10.33%), Vitamin B12: 0.51µg (8.58%), Vitamin D: 0.96µg (6.43%)