



Breakfast Nachos

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings pepper black freshly ground
- 15 ounce pinto beans canned
- 0.8 teaspoon chili powder
- 4 large eggs
- 2 teaspoons hot sauce such as cholula or tapatio mexican-style
- 2 servings kosher salt
- 4 ounces monterrey jack cheese grated
- 0.3 cup salsa

- 3 ounces tortilla chips (2 big handfuls)
- 1 tablespoon butter unsalted
- 0.3 cup water

Equipment

- bowl
- frying pan
- sauce pan
- wooden spoon
- spatula

Directions

- Drain and rinse the beans.
- Place them in a small saucepan over medium heat.
- Add the water and chili powder and season with salt. Stir to combine and smash about half of the beans with the back of a fork or a wooden spoon. Cook, stirring occasionally, until warmed through, about 5 minutes. Turn off the heat. Meanwhile, place the eggs in a medium bowl and beat with a fork until broken up.
- Add the hot sauce, season with a pinch each of salt and pepper, and beat to incorporate; set aside. Melt the butter in a medium nonstick frying pan over medium-low heat until foamy, about 2 to 3 minutes. Swirl the butter in the pan until the pan is evenly coated.
- Pour in the beaten eggs and let sit undisturbed until the eggs just start to set around the edges, about 2 minutes. Using a rubber spatula, push the eggs from the edges into the center.
- Let sit again for about 30 seconds, then repeat pushing the eggs from the edges into the center every 30 seconds until just set, about 1 1/2 minutes total.
- Remove the pan from the heat.
- Sprinkle the eggs with half of the cheese and stir to incorporate. Divide the chips between 2 large plates and top evenly with the warm beans.
- Sprinkle the remaining cheese evenly over the beans, spoon the eggs over top of the beans and cheese, and top with the salsa.
- Serve with guacamole and sour cream, if desired.

Nutrition Facts

PROTEIN 19.9% FAT 47.53% CARBS 32.57%

Properties

Glycemic Index:52, Glycemic Load:10.24, Inflammation Score:-8, Nutrition Score:31.60913029961%

Nutrients (% of daily need)

Calories: 795.11kcal (39.76%), Fat: 42.57g (65.49%), Saturated Fat: 19.03g (118.94%), Carbohydrates: 65.64g (21.88%), Net Carbohydrates: 52.49g (19.09%), Sugar: 4.91g (5.46%), Cholesterol: 437.51mg (145.84%), Sodium: 1789.84mg (77.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.11g (80.21%), Phosphorus: 759.43mg (75.94%), Calcium: 642.04mg (64.2%), Selenium: 41.41µg (59.16%), Fiber: 13.16g (52.62%), Vitamin B2: 0.77mg (45.22%), Manganese: 0.79mg (39.38%), Magnesium: 141.62mg (35.41%), Iron: 6.27mg (34.85%), Zinc: 4.9mg (32.69%), Vitamin E: 4.89mg (32.62%), Vitamin A: 1589.62IU (31.79%), Folate: 115.75µg (28.94%), Potassium: 983.39mg (28.1%), Vitamin B6: 0.55mg (27.35%), Copper: 0.52mg (26%), Vitamin B5: 2.55mg (25.53%), Vitamin B12: 1.37µg (22.88%), Vitamin K: 18.43µg (17.55%), Vitamin D: 2.45µg (16.3%), Vitamin B1: 0.24mg (15.84%), Vitamin B3: 1.64mg (8.2%), Vitamin C: 5.31mg (6.44%)