



WHATSheATE



Caramelized Corn and Black Bean Huevos Rancheros with Roast Zucchini Salsa



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup caramelized corn and black beans
- ☐ 4 servings cilantro leaves to taste
- ☐ 2 teaspoons corn oil
- ☐ 4 corn tortillas
- ☐ 4 eggs
- ☐ 4 servings queso fresco crumbled to taste
- ☐ 0.5 cup roasted zucchini salsa

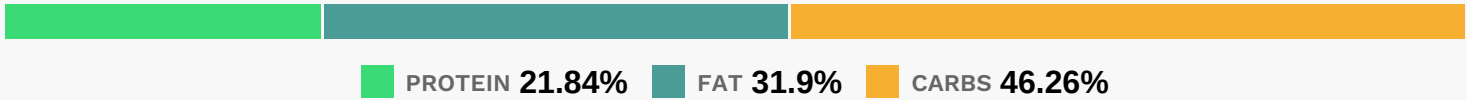
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a heavy bottomed pan over medium-high heat, add the tortillas, lightly toast on both sides and set aside.Reduce the heat to medium and fry the eggs sunny side up.
- ☐ Place two tortillas on each plate and top with the corn and black beans followed by the zucchini salsa, eggs, queso fresco and cilantro.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:6.97, Inflammation Score:-5, Nutrition Score:11.09521747672%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 206.48kcal (10.32%), Fat: 7.46g (11.47%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 18.37g (6.68%), Sugar: 1.65g (1.84%), Cholesterol: 164.37mg (54.79%), Sodium: 295.37mg (12.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.97%), Phosphorus: 243.26mg (24.33%), Fiber: 5.97g (23.87%), Selenium: 16.1µg (22.99%), Folate: 87.48µg (21.87%), Manganese: 0.33mg (16.26%), Vitamin B2: 0.26mg (15.04%), Magnesium: 59.24mg (14.81%), Iron: 2.13mg (11.85%), Vitamin B6: 0.22mg (10.98%), Vitamin B1: 0.16mg (10.59%), Potassium: 347.39mg (9.93%), Zinc: 1.48mg (9.87%), Copper: 0.18mg (9.16%), Vitamin B5: 0.88mg (8.77%), Vitamin A: 411.51IU (8.23%), Vitamin E: 1.23mg (8.23%), Calcium: 72.14mg (7.21%), Vitamin B12: 0.41µg (6.81%), Vitamin D: 0.91µg (6.05%), Vitamin B3: 1.01mg (5.03%), Vitamin K: 2.66µg (2.53%)