



## Carnitas Eggs Benedict

 Vegetarian  Popular

READY IN



30 min.

SERVINGS



2

CALORIES



321 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 cilantro leaves
- 0.3 cotija crumbled
- 4 eggs
- 2 muffins english lightly toasted cut in half and
- 0.3 cup pickled onions fresh sweet red
- 1 cup salsa verde

## Equipment

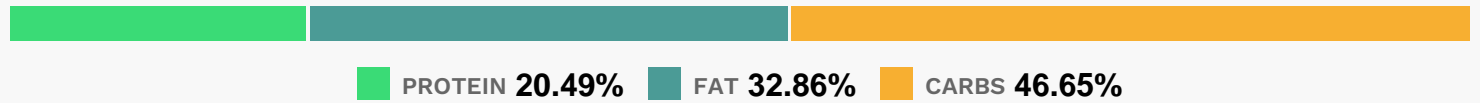
- bowl

pot

## Directions

- Bring a large pot of water to a boil and reduce the heat to medium. Crack an egg into a bowl, swirl the water in the pot and pour the egg from the bowl into the water, let the egg cook until the egg is set the way you like, about 2–3 minutes and fish it out. Repeat with remaining eggs.
- Place two English muffin halves per plate, top with carnitas, pickles red onions, the eggs, the mixture of the salsa verde and avocado, cotija and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:80.5, Glycemic Load:18.93, Inflammation Score:-6, Nutrition Score:12.704782542975%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

## Nutrients (% of daily need)

Calories: 321.29kcal (16.06%), Fat: 11.21g (17.24%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 33.91g (12.33%), Sugar: 8.24g (9.15%), Cholesterol: 327.47mg (109.16%), Sodium: 1204.25mg (52.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.44%), Selenium: 27.14µg (38.77%), Vitamin B2: 0.5mg (29.22%), Phosphorus: 256.39mg (25.64%), Vitamin A: 1199.25IU (23.98%), Folate: 66.44µg (16.61%), Vitamin B5: 1.63mg (16.3%), Vitamin B12: 0.81µg (13.47%), Potassium: 456.08mg (13.03%), Manganese: 0.25mg (12.75%), Vitamin D: 1.76µg (11.74%), Iron: 2.09mg (11.64%), Zinc: 1.57mg (10.49%), Vitamin B6: 0.2mg (9.95%), Vitamin B1: 0.15mg (9.86%), Calcium: 84.3mg (8.43%), Fiber: 1.89g (7.54%), Copper: 0.15mg (7.26%), Vitamin C: 5.9mg (7.15%), Vitamin E: 0.93mg (6.23%), Magnesium: 24.62mg (6.15%), Vitamin B3: 0.99mg (4.93%), Vitamin K: 1.12µg (1.07%)