



Easy Huevos Rancheros

 Vegetarian

READY IN



14 min.

SERVINGS



4

CALORIES



423 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 10 ounce canned tomatoes diced green drained canned
- ☐ 4 large eggs
- ☐ 4 8-inch flour tortillas
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2 ounces preshredded 4-cheese mexican blend cheese reduced-fat

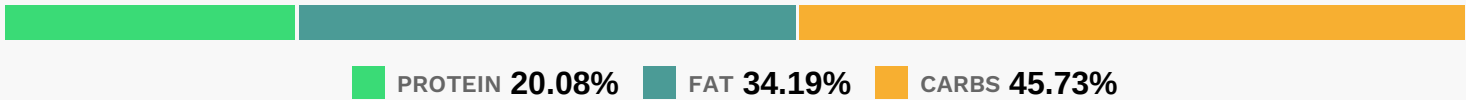
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Combine tomatoes, cilantro, and lime juice in a small bowl; set aside.
- ☐ Place black beans in a small microwave–safe dish; partially mash beans with a fork. Cover and microwave at HIGH 2 minutes.
- ☐ Melt butter in a large nonstick skillet.
- ☐ Add eggs; cook over medium–high heat 1 to 2 minutes on each side or until done (do not break yolks).
- ☐ Warm tortillas according to package directions.
- ☐ Spread beans evenly over tortillas; top each with 1 egg. Top with tomato mixture and cheese

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:9.41, Inflammation Score:-7, Nutrition Score:21.769130395806%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 423.49kcal (21.17%), Fat: 16.22g (24.95%), Saturated Fat: 7.37g (46.07%), Carbohydrates: 48.79g (16.26%), Net Carbohydrates: 38.31g (13.93%), Sugar: 5.42g (6.02%), Cholesterol: 206.99mg (69%), Sodium: 1056.83mg (45.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.86%), Selenium: 30.7µg (43.85%), Fiber: 10.48g (41.93%), Phosphorus: 404.93mg (40.49%), Folate: 147.82µg (36.96%), Vitamin B2: 0.58mg (34.34%), Manganese: 0.65mg (32.39%), Vitamin B1: 0.48mg (32.18%), Iron: 5.76mg (31.99%), Calcium: 258.5mg (25.85%), Copper: 0.43mg (21.38%), Potassium: 684.7mg (19.56%), Vitamin B3: 3.84mg (19.2%), Magnesium: 72.47mg

(18.12%), Vitamin B6: 0.29mg (14.49%), Zinc: 2.11mg (14.09%), Vitamin B5: 1.29mg (12.86%), Vitamin A: 622.25IU (12.45%), Vitamin C: 10.19mg (12.36%), Vitamin B12: 0.63µg (10.42%), Vitamin E: 1.54mg (10.25%), Vitamin K: 8.81µg (8.39%), Vitamin D: 1.07µg (7.14%)