



Easy Huevos Rancheros

READY IN



15 min.

SERVINGS



6

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 16 oz salsa
- 6 eggs
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 3 oz cheese shredded

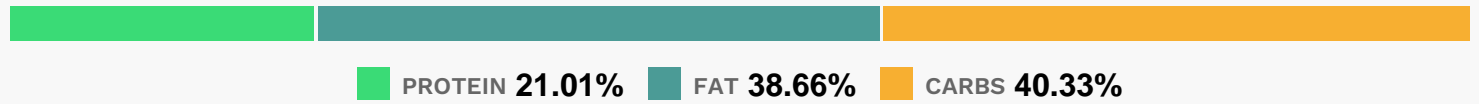
Equipment

- frying pan

Directions

- In 10-inch skillet, heat salsa until bubbly. Carefully break eggs into skillet. Cover; simmer over medium-low heat 6 to 7 minutes or until eggs are thoroughly cooked.
- Meanwhile, warm tortillas as directed on package. To serve, place 1 tortilla on each individual plate; sprinkle with cheese. Spoon 1 egg with salsa onto each tortilla.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:6.13, Inflammation Score:-5, Nutrition Score:12.399130292561%

Nutrients (% of daily need)

Calories: 245.93kcal (12.3%), Fat: 10.59g (16.3%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 22.15g (8.05%), Sugar: 4.63g (5.14%), Cholesterol: 174.88mg (58.29%), Sodium: 932.44mg (40.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.9%), Selenium: 25.24µg (36.05%), Phosphorus: 241.3mg (24.13%), Vitamin B2: 0.37mg (22.04%), Calcium: 173.96mg (17.4%), Vitamin B1: 0.24mg (16.21%), Folate: 61.12µg (15.28%), Manganese: 0.29mg (14.67%), Iron: 2.56mg (14.2%), Vitamin A: 696.3IU (13.93%), Vitamin B3: 2.61mg (13.03%), Vitamin B12: 0.71µg (11.91%), Vitamin B6: 0.24mg (11.8%), Fiber: 2.72g (10.87%), Vitamin E: 1.41mg (9.41%), Vitamin B5: 0.91mg (9.11%), Potassium: 314.97mg (9%), Zinc: 1.34mg (8.92%), Magnesium: 27.98mg (6.99%), Vitamin D: 0.94µg (6.24%), Copper: 0.12mg (6.13%), Vitamin K: 6.42µg (6.12%), Vitamin C: 1.44mg (1.74%)