



## Easy Huevos Rancheros

READY IN



15 min.

SERVINGS



6

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 6 eggs
- ☐ 6 6-inch flour tortilla soft for tacos & fajitas (; from 8.2-oz package)
- ☐ 16 oz salsa (any variety)
- ☐ 3 oz cheese shredded

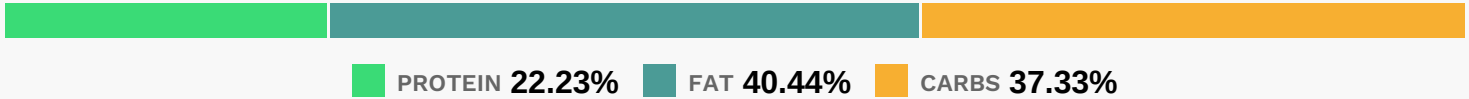
### Equipment

- ☐ 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:4.77, Inflammation Score:-5, Nutrition Score:11.445217433183%

Nutrients (% of daily need)

Calories: 219.17kcal (10.96%), Fat: 9.89g (15.22%), Saturated Fat: 4.13g (25.83%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 18.13g (6.59%), Sugar: 4.3g (4.78%), Cholesterol: 174.88mg (58.29%), Sodium: 868.08mg (37.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.47%), Selenium: 23.29µg (33.27%), Phosphorus: 223.29mg (22.33%), Vitamin B2: 0.35mg (20.59%), Calcium: 161.19mg (16.12%), Vitamin A: 696.3IU (13.93%), Vitamin B1: 0.2mg (13.28%), Folate: 52.9µg (13.22%), Manganese: 0.25mg (12.51%), Iron: 2.24mg (12.44%), Vitamin B12: 0.71µg (11.91%), Vitamin B6: 0.23mg (11.54%), Vitamin B3: 2.22mg (11.1%), Fiber: 2.41g (9.64%), Vitamin E: 1.41mg (9.41%), Vitamin B5: 0.9mg (8.96%), Potassium: 304.04mg (8.69%), Zinc: 1.29mg (8.61%), Magnesium: 26.05mg (6.51%), Vitamin D: 0.94µg (6.24%), Copper: 0.11mg (5.68%), Vitamin K: 5.79µg (5.52%), Vitamin C: 1.44mg (1.74%)