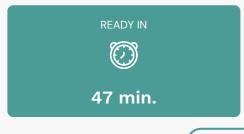
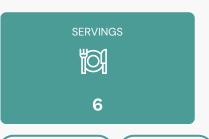


Eggs a la Paloma

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

2 haas avocados

	1 juice of lime juiced	
	1 tablespoon olive oil	
	2 tablespoons onion grated	
	0.5 teaspoon oregano dried	
	6 servings pepper black freshly ground	
	1 cup mozzarella cheese shredded (see Cook's Notes)	
	8 ounce tomato sauce spanish	
	0.3 cup vegetable stock	
Eq	uipment	
	bowl	
	frying pan	
	paper towels	
	sauce pan	
	oven	
	broiler	
Directions		
	Heat the olive oil over medium heat in a small saucepan.	
	Add the onion and garlic and cook, stirring, until the onion is translucent, about 5 minutes. Stir in the chili powder, cumin, and oregano. Cook, stirring, until fragrant, 1 to 2 minutes. Stir in the tomato sauce and season, to taste, with salt and pepper. Stir in the stock, bring to a boil, then adjust the heat so the sauce is simmering. Cook, stirring occasionally, until the sauce is lightly thickened, about 15 minutes.	
	Set the rack about 4 inches from the broiler and preheat the broiler.	
	Cook the chorizo in a medium skillet over medium heat, stirring occasionally, until fragrant, 3 to 4 minutes.	
	Drain on paper towels and set aside	
	Cut the avocados in half, remove the pit and peel the halves.	

over medium heat.		
Add as many eggs as will fit without touching and cook until the underside of the eggs about 1 minute. Reduce the heat to low and cook until the whites are completely set, all		
minutes. Place 2 eggs on top of the avocado in each casserole. Repeat with the remaining eggs.		
Divide the tomato sauce among the 6 casseroles, topping the eggs with a thin, even lay sauce.	yer of	
Sprinkle the cheese over the sauce, dividing it evenly. Broil just until the cheese melts, minute. Top each casserole with a teaspoon of crema and sprinkle the chopped cilantithe cream. Pass the remaining crema separately.		
Cook's Notes: Crema Mexicana is a mildly acidic dairy product with a consistency that it perfect for drizzling over finished dishes. It is available in Latin markets and some supermarkets. If you cannot find it, substitute sour cream, thinned down with water.	makes	
Oaxaca cheese is a mild string cheese from the state of Oaxaca in Mexico. It is available Latin markets and some supermarkets. Whole milk mozzarella is the perfect substitute		
Nutrition Facts		

Properties

Glycemic Index:52.67, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:18.604782477669%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.01mg, Myricetin: 0.

Nutrients (% of daily need)

Calories: 440.79kcal (22.04%), Fat: 34.58g (53.21%), Saturated Fat: 9.52g (59.47%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 6.08g (2.21%), Sugar: 3.28g (3.64%), Cholesterol: 370.19mg (123.4%), Sodium: 554.12mg (24.09%), Alcohol: Og (100%), Protein: 22.38g (44.76%), Selenium: 30.88µg (44.12%), Vitamin B2: 0.57mg (33.8%), Phosphorus: 290.33mg (29.03%), Folate: 102.09µg (25.52%), Vitamin B5: 2.44mg (24.43%), Vitamin A: 1211.53IU (24.23%), Vitamin E: 3.44mg (22.91%), Fiber: 5.4g (21.62%), Vitamin B12: 1.21µg (20.15%), Calcium: 196.84mg (19.68%), Vitamin B6: 0.39mg (19.47%), Vitamin K: 19.24µg (18.32%), Iron: 3.19mg (17.71%), Potassium: 600.64mg (17.16%), Zinc: 2.24mg (14.93%), Vitamin C: 11.3mg (13.69%), Copper: 0.25mg (12.43%), Vitamin D: 1.83µg (12.23%), Manganese: 0.21mg (10.68%), Magnesium: 42.13mg (10.53%), Vitamin B3: 1.71mg (8.53%), Vitamin B1: 0.1mg (6.74%)