



Eggs a la Paloma

 **Gluten Free**

READY IN



47 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 teaspoon chili powder
- 1.5 cups chorizo crumbled (removed from casing and)
- 0.5 cup crema mexicana sour (see Cook's Notes)
- 12 eggs
- 6 servings cilantro leaves fresh minced for garnish
- 1 clove garlic
- 0.5 teaspoon ground cumin
- 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

Equipment

- 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.

- Cut each half lengthwise into 6 thin slices. Toss together in a medium bowl with the lime juice. Divide the chorizo among 6 oven-proof, individual serving casseroles, about 5 1/2-inches wide by 1-inch deep. Cover the chorizo in each casserole with 4 thin slices of avocado.
- To cook the eggs: Spray a frying pan or griddle with the vegetable cooking spray and heat over medium heat.
- Add as many eggs as will fit without touching and cook until the underside of the eggs is set, about 1 minute. Reduce the heat to low and cook until the whites are completely set, about 3 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 layer of sauce.
- Sprinkle the cheese over the sauce, dividing it evenly. Broil just until the cheese melts, about 1 minute. Top each casserole with a teaspoon of crema and sprinkle the chopped cilantro over the cream. Pass the remaining crema separately.
- Cook's Notes: Crema Mexicana is a mildly acidic dairy product with a consistency that makes 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.
- Oaxaca cheese is a mild string cheese from the state of Oaxaca in Mexico. It is available in Latin markets and some supermarkets. Whole milk mozzarella is the perfect substitute.

Nutrition Facts

PROTEIN 20.04%

FAT 69.68%

CARBS 10.28%

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 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 Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

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: 0g (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%)