



## Fried Egg Taco With Avocado And Chipotle Black Beans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 servings chiles in adobo sauce
- 2 servings avocado
- 2 servings black beans
- 2 servings chipotles in adobo canned
- 2 servings chipotle sauce dried
- 2 servings kosher salt black to taste
- 2 servings cumin to taste

- 1 large eggs
- 2 servings cilantro leaves fresh chopped to taste
- 2 servings garlic
- 2 servings mayonnaise
- 2 servings olive oil
- 2 servings queso fresco
- 2 servings veggie broth
- 2 servings tortillas

## Equipment

- frying pan
- blender
- toaster

## Directions

- Place all ingredients in blender and mix. You'll need to taste it and adjust to get the desired consistency and flavor. For the beans: Reconstitute the dried chipotles in hot water for a few minutes, remove the seeds and chop.
- Heat olive oil or butter in a frying pan over medium-high heat. When the oil is hot and fragrant, crack eggs into pan and season with salt and pepper. Cook until you can see that the edges have caramelized and turned crispy. Cover pan with lid, preferably glass, and turn down heat to medium-low. While the eggs are cooking, preheat your choice of corn or flour tortilla, either in a toaster or a lightly buttered pan. Cook eggs until whites are set and yolks start to appear white but are still a bit loose.
- Place eggs in the tortilla with sliced avocado and chipotle sauce on top. The beans can be served on the side or rolled into the taco. Try out these savory brunch recipes on Food Republic: [The Wrangler Breakfast Taco Recipe](#)
- [Jumbo Lump Crab Hash With Poached Eggs Recipe](#)
- [Grilled Asparagus And Feta Quiche Recipe](#)

## Nutrition Facts



■ PROTEIN 10.62% ■ FAT 56.43% ■ CARBS 32.95%

## Properties

Glycemic Index:133, Glycemic Load:10.95, Inflammation Score:-8, Nutrition Score:24.372173796529%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 581.68kcal (29.08%), Fat: 37.66g (57.94%), Saturated Fat: 6.5g (40.62%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 33.67g (12.24%), Sugar: 4.46g (4.96%), Cholesterol: 95.37mg (31.79%), Sodium: 1605.77mg (69.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.88%), Fiber: 15.8g (63.21%), Folate: 249.7µg (62.43%), Manganese: 0.76mg (38.19%), Vitamin K: 38.69µg (36.84%), Vitamin E: 4.55mg (30.32%), Vitamin B1: 0.45mg (30.09%), Phosphorus: 298.4mg (29.84%), Iron: 4.75mg (26.36%), Magnesium: 103.75mg (25.94%), Potassium: 896.87mg (25.62%), Selenium: 16.59µg (23.7%), Vitamin B2: 0.39mg (22.89%), Copper: 0.44mg (21.92%), Vitamin B6: 0.42mg (20.97%), Vitamin B5: 2.06mg (20.58%), Vitamin B3: 3.59mg (17.96%), Vitamin A: 819.33IU (16.39%), Zinc: 2.2mg (14.69%), Vitamin C: 11.1mg (13.45%), Calcium: 115.3mg (11.53%), Vitamin B12: 0.24µg (4.07%), Vitamin D: 0.54µg (3.57%)