



## Green Ranch Hand Eggs

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce black beans canned
- 1 extra large eggs
- 4 8-inch flour tortillas (6 to )
- 1.5 teaspoons ground chipotle
- 2 teaspoons sauce red hot (recommended: Tabasco or Frank's )
- 1 tablespoon olive oil extra-virgin plus more for drizzling
- 0.5 onion red finely chopped
- 4 servings onions sour red chopped finely chopped finely

- 4 servings salt and pepper
- 1.5 cups sharp cheddar shredded
- 16 ounce tomatillo salsa green (salsa verde or salsa)

## Equipment

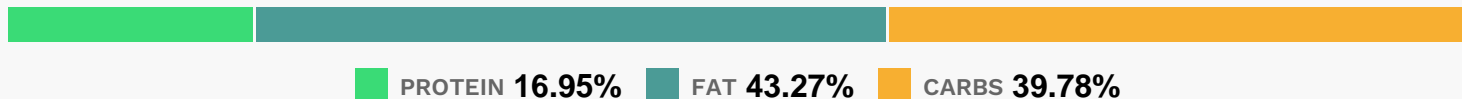
- frying pan
- oven
- aluminum foil
- stove
- microwave
- tongs

## Directions

- Heat a skillet.
- Add extra-virgin olive oil and the onion. Cook until slightly softened.
- Add the black beans, chipotle and hot sauce. Cook until well heated through. Turn heat down to low and keep warm.
- Heat a large nonstick skillet or griddle over medium low heat. When hot, drizzle pan with extra-virgin olive oil and add eggs. Cook eggs gently, 2 at a time, with 2 couple inches between each egg, to desired doneness, over easy to over hard. Season the eggs with salt and pepper on 1 or both sides.
- Take the lid off of the salsa.
- Place container in the microwave and warm through, 45 seconds on high.
- Spoon salsa over the eggs once you turn them.
- Place a large handful of shredded Cheddar on top of each salsa covered egg. Cover the pan loosely with a tin foil tent to melt cheese.
- If you have a gas top stove, heat and blister the tortillas individually, holding them with tongs, over the open flame of a burner, 15 to 20 seconds on each side. Otherwise, warm tortillas according to package directions for the microwave oven.
- To assemble, place a tortilla on a plate. Top with a generous serving-spoonful of warm black beans, top the beans with a fried egg, salsa and cheese. Finish off this killer, 24-hour belly-

pleaser with a sprinkle of cilantro or parsley and chopped scallions, chives or red onion, sour cream or yogurt.

## Nutrition Facts



### Properties

Glycemic Index:28.75, Glycemic Load:8.54, Inflammation Score:-8, Nutrition Score:20.829130400782%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

### Nutrients (% of daily need)

Calories: 537.96kcal (26.9%), Fat: 25.51g (39.25%), Saturated Fat: 10.65g (66.57%), Carbohydrates: 52.77g (17.59%), Net Carbohydrates: 43.14g (15.69%), Sugar: 9.85g (10.94%), Cholesterol: 94.46mg (31.49%), Sodium: 2178.25mg (94.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.99%), Phosphorus: 448.2mg (44.82%), Calcium: 425.12mg (42.51%), Selenium: 29.27µg (41.82%), Fiber: 9.63g (38.53%), Folate: 131.28µg (32.82%), Vitamin B2: 0.53mg (31.37%), Vitamin B1: 0.43mg (28.79%), Vitamin A: 1435.86IU (28.72%), Manganese: 0.54mg (27%), Iron: 4.37mg (24.26%), Potassium: 709.57mg (20.27%), Zinc: 2.64mg (17.59%), Magnesium: 64.15mg (16.04%), Vitamin B3: 3.05mg (15.25%), Copper: 0.29mg (14.73%), Vitamin C: 8.28mg (10.03%), Vitamin B12: 0.57µg (9.56%), Vitamin B6: 0.17mg (8.75%), Vitamin E: 1.26mg (8.39%), Vitamin K: 7.69µg (7.32%), Vitamin B5: 0.69mg (6.94%), Vitamin D: 0.53µg (3.56%)