



HERDEZ® Eggs Bandito

READY IN



35 min.

SERVINGS



4

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup butter melted
- 0.3 teaspoon chipotle powder
- 0.5 pound chorizo sausage
- 4 egg yolks
- 8 eggs
- 4 servings cilantro leaves fresh chopped
- 0.3 teaspoon garlic salt
- 4 tablespoons herdez® guajillo chile mexican cooking sauce red
- 1 slices lime

- 2.7 tablespoons juice of lime
- 3 mexican bolillo rolls sliced into several rounds
- 1.5 teaspoons vinegar
- 1 tablespoon water

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- double boiler
- kitchen thermometer
- broiler
- slotted spoon

Directions

- Fill the bottom of a double boiler half-full with water (top of double boiler should not touch the water). Bring water to simmer over medium-high heat. In the top of the double boiler over the simmering water, whisk together egg yolks, lime juice, chipotle powder, Mexican cooking sauce, and 1 tablespoon water.
- Gradually whisk the melted butter into the egg yolk mixture, a little at a time. If the sauce begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all butter is incorporated.
- Whisk in garlic salt, then turn off heat.
- Place a lid on pan to keep sauce warm.
- To poach eggs, fill a large saucepan with 3 inches of water. Bring water to a gentle simmer over medium-high heat; add vinegar. Swirl water to make a "whirlpool" then carefully break eggs, one at a time, into the middle of "swirl", and allow to cook for 2 1/2 to 3 minutes. Yolks should still be soft in center.
- Remove eggs from water with a slotted spoon and set on a warm plate.

- While eggs are poaching, cook chorizo in a medium skillet over medium-high heat until cooked through. It will retain its bright red color (the spices) so check the temperature to ensure doneness. An instant-read thermometer should read 160 degrees F (70 degrees C).
- Remove from heat when done.
- Set oven rack about 6 inches from the heat source and preheat the oven's broiler to low setting.
- Arrange the bolillo rounds on a baking sheet and toast lightly under the broiler, about 2 minutes per side.
- Place a few bolillo rounds (size will vary) on each plate and top each serving with 1/4 C of cooked chorizo. Top the sausage with two poached eggs.
- Drizzle with bandito sauce, and sprinkle with chopped cilantro and/or lime wedges.
- Serve immediately.

Nutrition Facts

PROTEIN 13.1%

FAT 67.56%

CARBS 19.34%

Properties

Glycemic Index:59.25, Glycemic Load:17.28, Inflammation Score:-10, Nutrition Score:23.183043314063%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 761.98kcal (38.1%), Fat: 57.62g (88.65%), Saturated Fat: 31.05g (194.03%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 31.94g (11.61%), Sugar: 9.98g (11.09%), Cholesterol: 653.27mg (217.76%), Sodium: 788.59mg (34.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.28%), Vitamin A: 6050.52IU (121.01%), Iron: 11.58mg (64.35%), Selenium: 38.09µg (54.42%), Vitamin B2: 0.69mg (40.77%), Phosphorus: 280.38mg (28.04%), Vitamin C: 18.47mg (22.38%), Vitamin B5: 2.09mg (20.93%), Fiber: 5.18g (20.71%), Vitamin B12: 1.21µg (20.11%), Vitamin E: 2.92mg (19.44%), Folate: 77.7µg (19.42%), Vitamin K: 19.88µg (18.93%), Vitamin D: 2.73µg (18.21%), Vitamin B6: 0.34mg (17.05%), Potassium: 444.3mg (12.69%), Zinc: 1.76mg (11.7%), Calcium: 108.36mg (10.84%), Manganese: 0.16mg (8.09%), Vitamin B3: 1.4mg (7.02%), Magnesium: 26.5mg (6.63%), Copper: 0.12mg (5.85%), Vitamin B1: 0.08mg (5.63%)