Huevos Motulenos

🌾 **Gluten Free**

READY IN	SERVINGS	CALORIES
⏰	🍽️	💧
45 min.	**2**	**938 kcal**

LUNCH · MAIN COURSE · MAIN DISH · DINNER

Ingredients

☐ 1 cup jalapeno spiced black beans warmed ()

☐ 2 tablespoons corn oil

☐ 4 corn tortillas

☐ 4 eggs

☐ 0.5 cup ham warmed cut into small pieces and)

☐ 0.5 cup peas warmed ()

☐ 2 plantains ripe peeled sliced in half)

☐ 0.5 cup queso fresco crumbled (or feta,)

- [ ] 1 cup salsa ranchera

Equipment

- [ ] frying pan
- [ ] paper towels

Directions

- [ ] Heat the oil in a pan.
- [ ] Fry the tortillas in the oil until lightly golden brown on both sides and set aside to drain on paper towels.
- [ ] Fry the plantains in the oil until lightly golden brown on both sides and set aside to drain on paper towels.
- [ ] Place 2 tortillas on each plate and top each with 1/4 cup the beans.
- [ ] Fry the eggs sunny side up and place on top of the beans.
- [ ] Top the eggs with 1/4 cup of the salsa each.
- [ ] Sprinkle the ham, peas and cheese evenly over each plate.
- [ ] Serve with the fried plantains on the side.

Nutrition Facts

PROTEIN **16.79%**   FAT **35.52%**   CARBS **47.69%**
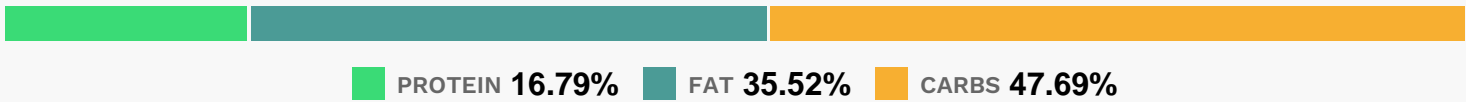
Properties

Glycemic Index:62.42, Glycemic Load:15.33, Inflammation Score:−10, Nutrition Score:47.324347952138%

Nutrients (% of daily need)

Calories: 938.17kcal (46.91%), Fat: 38.46g (59.17%), Saturated Fat: 10.31g (64.46%), Carbohydrates: 116.21g (38.74%), Net Carbohydrates: 98g (35.64%), Sugar: 39.82g (44.25%), Cholesterol: 370.11mg (123.37%), Sodium: 1655.5mg (71.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.91g (81.81%), Phosphorus: 788.28mg (78.83%), Vitamin A: 3651.24IU (73.02%), Fiber: 18.21g (72.83%), Selenium: 49.56µg (70.8%), Vitamin K: 72.48µg (69.03%), Folate: 243.43µg (60.86%), Vitamin C: 49.91mg (60.49%), Vitamin B6: 1.2mg (60.11%), Manganese: 1.14mg (56.92%), Potassium: 1958.48mg (55.96%), Magnesium: 218.07mg (54.52%), Vitamin B1: 0.77mg (51.33%), Vitamin B2: 0.84mg (49.55%), Zinc: 5.43mg (36.19%), Iron: 6.41mg (35.64%), Calcium: 340.53mg (34.05%), Vitamin E: 5.02mg (33.46%), Copper: 0.64mg (32.15%), Vitamin B3: 6.27mg (31.33%), Vitamin B5: 2.72mg (27.2%), Vitamin B12:

1.52μg (25.33%), Vitamin D: 2.83μg (18.86%)