



## Huevos Rancheros

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 6-inch corn tortilla ()
- 1 eggs
- 1 singles kraft
- 1 Tbsp oil
- 0.3 cup refried beans warmed
- 0.3 cup salsa fresh warmed

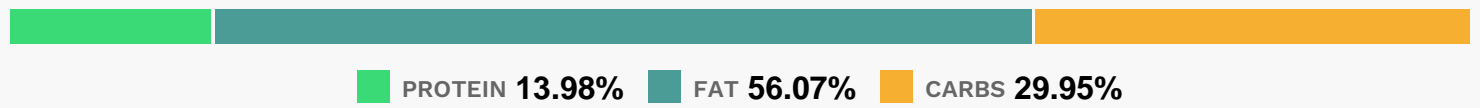
### Equipment

- frying pan

## Directions

- Heat oil in large nonstick skillet on medium heat.
- Add tortilla; cook until both sides are crisp and flecked with brown.
- Remove tortilla from skillet; drain.
- Place tortilla on platter; spread with beans. Top with Singles.
- Fry egg in same skillet; place over topped tortilla.
- Drizzle with salsa.

## Nutrition Facts



## Properties

Glycemic Index:89.5, Glycemic Load:6.58, Inflammation Score:-5, Nutrition Score:10.253043423528%

## Nutrients (% of daily need)

Calories: 303.89kcal (15.19%), Fat: 19.06g (29.32%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 17.58g (6.39%), Sugar: 4.44g (4.93%), Cholesterol: 163.84mg (54.61%), Sodium: 858.56mg (37.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Vitamin E: 3.78mg (25.19%), Selenium: 15.68µg (22.4%), Fiber: 5.33g (21.32%), Phosphorus: 198.79mg (19.88%), Vitamin B2: 0.24mg (14.21%), Vitamin A: 621.58IU (12.43%), Vitamin B6: 0.25mg (12.31%), Vitamin K: 12.84µg (12.23%), Iron: 1.9mg (10.57%), Calcium: 90.82mg (9.08%), Manganese: 0.17mg (8.53%), Magnesium: 33.75mg (8.44%), Vitamin B5: 0.83mg (8.34%), Potassium: 279.14mg (7.98%), Zinc: 1.06mg (7.09%), Vitamin B12: 0.39µg (6.53%), Folate: 24.58µg (6.14%), Vitamin D: 0.88µg (5.87%), Vitamin B3: 1.15mg (5.76%), Copper: 0.11mg (5.7%), Vitamin B1: 0.06mg (4.32%), Vitamin C: 1.24mg (1.5%)