



## Huevos Rancheros

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



565 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 avocado ripe sliced
- 16 ounce black beans rinsed drained canned
- 1 chipotle chili in adobo sauce diced crushed
- 16 servings to corn tortillas soft
- 4 large eggs
- 0.5 teaspoon ground cumin
- 0.7 cup monterrey jack cheese shredded
- 0.5 cup mild salsa

## Equipment

- baking sheet
- sauce pan
- oven
- aluminum foil

## Directions

- Heat oven to 425 F.
- Put the tortillas on a baking sheet and
- place in the oven to warm. (Cover with foil if you don't like
- crisp tortillas.) Toast the cumin in a small, dry saucepan over
- medium heat until aromatic, about 3 minutes.
- Add the beans and
- chipotle or crushed red pepper (if using).
- Remove the tortillas
- from the oven. Spoon some beans onto each tortilla, then top each
- with some salsa, 1 fried egg, and some cheese.
- Bake until the
- cheese has melted.
- Serve with the avocado.

## Nutrition Facts



**PROTEIN 17.27%** **FAT 32.79%** **CARBS 49.94%**

## Properties

Glycemic Index:30.63, Glycemic Load:20.52, Inflammation Score:-8, Nutrition Score:26.798260937566%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## **Nutrients (% of daily need)**

Calories: 564.92kcal (28.25%), Fat: 21.26g (32.71%), Saturated Fat: 6.8g (42.5%), Carbohydrates: 72.86g (24.29%), Net Carbohydrates: 54.13g (19.69%), Sugar: 3.02g (3.36%), Cholesterol: 202.76mg (67.59%), Sodium: 883.42mg (38.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.4%), Fiber: 18.73g (74.92%), Phosphorus: 669.43mg (66.94%), Selenium: 26.41µg (37.72%), Manganese: 0.74mg (36.79%), Magnesium: 146.02mg (36.5%), Folate: 143.29µg (35.82%), Vitamin B2: 0.58mg (34.25%), Calcium: 309.88mg (30.99%), Vitamin B6: 0.58mg (28.87%), Iron: 5.11mg (28.41%), Potassium: 958.99mg (27.4%), Copper: 0.54mg (26.93%), Zinc: 3.58mg (23.89%), Vitamin B1: 0.33mg (21.73%), Vitamin B5: 1.89mg (18.92%), Vitamin B3: 3.57mg (17.84%), Vitamin E: 2.31mg (15.4%), Vitamin A: 654.17IU (13.08%), Vitamin K: 12.55µg (11.95%), Vitamin C: 8.72mg (10.57%), Vitamin B12: 0.6µg (10.02%), Vitamin D: 1.11µg (7.42%)