



Huevos Rancheros

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 corn tortillas
- ☐ 8 eggs
- ☐ 8 servings mexican sauce
- ☐ 8 servings monterrey jack cheese grated
- ☐ 8 servings vegetable oil

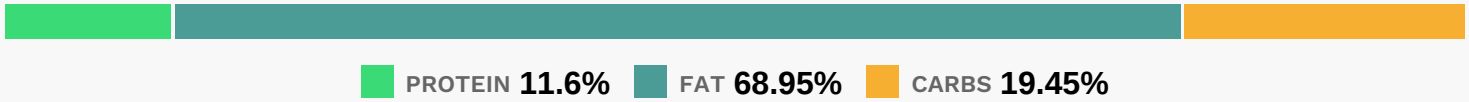
Equipment

- ☐ baking sheet
- ☐ paper towels

Directions

- ☐ Fry tortillas in hot oil until crisp but not browned; drain on paper towels.
- ☐ Place tortillas on baking sheets, and set aside.
- ☐ Fry each egg in a small amount of hot oil until eggs are set. Top each tortilla with a fried egg; spoon 2 tablespoons Mexican Sauce over top.
- ☐ Sprinkle with grated cheese. Broil just until cheese melts.
- ☐ Transfer to a serving platter, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:5.03, Inflammation Score:-2, Nutrition Score:7.460000069245%

Nutrients (% of daily need)

Calories: 248.31kcal (12.42%), Fat: 19.23g (29.58%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 10.56g (3.84%), Sugar: 0.63g (0.7%), Cholesterol: 164.57mg (54.86%), Sodium: 92.18mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Vitamin K: 25.9µg (24.67%), Selenium: 15.24µg (21.77%), Phosphorus: 173.2mg (17.32%), Vitamin B2: 0.22mg (13.05%), Vitamin E: 1.68mg (11.22%), Vitamin B5: 0.7mg (7.05%), Vitamin B12: 0.4µg (6.67%), Vitamin B6: 0.13mg (6.63%), Fiber: 1.64g (6.55%), Zinc: 0.94mg (6.25%), Iron: 1.1mg (6.11%), Magnesium: 24.27mg (6.07%), Vitamin D: 0.89µg (5.91%), Folate: 22.16µg (5.54%), Calcium: 53.16mg (5.32%), Vitamin A: 245.81IU (4.92%), Manganese: 0.1mg (4.86%), Copper: 0.07mg (3.6%), Potassium: 109.89mg (3.14%), Vitamin B1: 0.04mg (2.81%), Vitamin B3: 0.42mg (2.12%)