



Huevos 'Ranch'eros

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 to 2 chipotles in adobo sauce
- 1 avocado pitted halved sliced
- 15 ounce .5 can cannellini beans drained and rinsed canned
- 8 corn tortillas cut into 8 wedges
- 8 large eggs
- 5 cloves garlic unpeeled
- 2 tablespoons olive oil extra-virgin
- 5 plum tomatoes

- 1 ounce ranch dressing mix
- 1 tablespoon butter unsalted
- 4 servings vegetable oil for frying
- 0.5 medium onion white

Equipment

- bowl
- frying pan
- paper towels
- pot
- blender
- kitchen thermometer

Directions

- Heat 3/4 inch vegetable oil in a pot over medium heat until a deep-fry thermometer registers 375 degrees F. Fry the tortillas in batches until golden, about 1 minute.
- Drain on paper towels and sprinkle with 1 tablespoon dressing mix.
- Heat a large skillet over medium-high heat.
- Add the tomatoes, onion and garlic and cook, turning, until the vegetables are charred, 5 to 7 minutes. Squeeze the garlic from its skin and cut the onion and tomatoes into chunks.
- Transfer to a blender; pulse with remaining dressing mix (about 2 tablespoons), the chipotles and half of the beans until smooth.
- Heat the olive oil in the same skillet over medium heat.
- Add the pureed mixture and the remaining beans and cook until thick, about 5 minutes. Keep warm.
- Make the eggs: Melt 1 teaspoon butter in a skillet over medium heat. Fry the eggs in batches until the whites are set, adding more butter as needed. Divide the sauce among shallow bowls; top each serving with 2 eggs, some ranch chips and avocado.
- Sprinkle with cilantro and cheese, if desired.
- Photograph by Andrew Mccaul

Nutrition Facts

PROTEIN 16.16% FAT 45.12% CARBS 38.72%

Properties

Glycemic Index:54.13, Glycemic Load:17.25, Inflammation Score:-8, Nutrition Score:29.713043378747%

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 Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 616.92kcal (30.85%), Fat: 31.51g (48.48%), Saturated Fat: 7.74g (48.37%), Carbohydrates: 60.84g (20.28%), Net Carbohydrates: 47.48g (17.26%), Sugar: 4.38g (4.87%), Cholesterol: 379.52mg (126.51%), Sodium: 711.41mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.78%), Fiber: 13.36g (53.45%), Selenium: 36.41µg (52.01%), Phosphorus: 513.32mg (51.33%), Manganese: 0.99mg (49.27%), Folate: 173.86µg (43.46%), Vitamin B2: 0.62mg (36.42%), Iron: 6.28mg (34.87%), Potassium: 1180.78mg (33.74%), Magnesium: 129.14mg (32.28%), Vitamin E: 4.82mg (32.12%), Vitamin B6: 0.62mg (30.89%), Vitamin K: 29.78µg (28.37%), Copper: 0.56mg (27.85%), Vitamin A: 1348.25IU (26.96%), Vitamin B5: 2.6mg (25.96%), Zinc: 3.69mg (24.57%), Vitamin C: 17.83mg (21.61%), Calcium: 200.37mg (20.04%), Vitamin B1: 0.27mg (17.82%), Vitamin B12: 0.9µg (14.93%), Vitamin D: 2.05µg (13.68%), Vitamin B3: 2.35mg (11.77%)