



Huevos Rancheros

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



361 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 pound pork sausage
- ☐ 1 serving vegetable oil
- ☐ 6 6-inch corn tortillas (5 to 6 inches in diameter)
- ☐ 1.3 cups salsa
- ☐ 6 bacon
- ☐ 6 oz cheddar cheese shredded

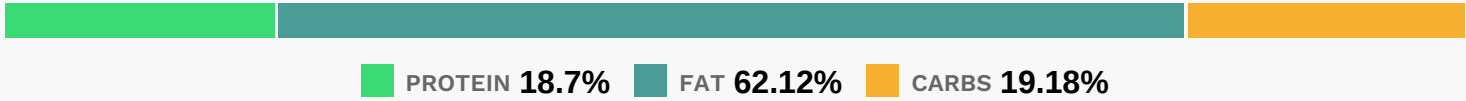
Equipment

- ☐ frying pan

Directions

- ☐ Cook sausage in 8-inch skillet over medium heat, stirring occasionally, until no longer pink; drain and remove from skillet.
- ☐ Heat 1/8 inch oil in same skillet over medium heat just until hot. Cook tortillas, one at time, in oil about 1 minute or until crisp; drain.
- ☐ Heat salsa until hot.
- ☐ Spread each tortilla with 1 tablespoon of the salsa to soften.
- ☐ Place egg on each tortilla. Top each with scant tablespoon salsa, 1/4 cup of the sausage, another tablespoon salsa and 2 tablespoons of the cheese.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:5.22, Inflammation Score:-5, Nutrition Score:9.0013043103011%

Nutrients (% of daily need)

Calories: 360.87kcal (18.04%), Fat: 25.07g (38.58%), Saturated Fat: 10.26g (64.15%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 14.81g (5.39%), Sugar: 2.39g (2.65%), Cholesterol: 59.89mg (19.96%), Sodium: 956.84mg (41.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.96%), Phosphorus: 259.85mg (25.99%), Calcium: 237.54mg (23.75%), Selenium: 14.15µg (20.22%), Vitamin A: 750.04IU (15%), Zinc: 1.73mg (11.56%), Vitamin B6: 0.21mg (10.73%), Vitamin B2: 0.18mg (10.46%), Fiber: 2.61g (10.45%), Vitamin B3: 1.85mg (9.26%), Magnesium: 36.98mg (9.24%), Vitamin E: 1.17mg (7.8%), Manganese: 0.15mg (7.53%), Potassium: 249.86mg (7.14%), Vitamin K: 7.25µg (6.9%), Vitamin B12: 0.39µg (6.46%), Vitamin B1: 0.1mg (6.43%), Iron: 0.91mg (5.06%), Copper: 0.09mg (4.65%), Vitamin B5: 0.34mg (3.44%), Folate: 9.42µg (2.36%), Vitamin D: 0.2µg (1.35%), Vitamin C: 1.03mg (1.25%)