



 **59%**
HEALTH SCORE

Huevos Rancheros

 **Gluten Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



1

CALORIES



2318 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

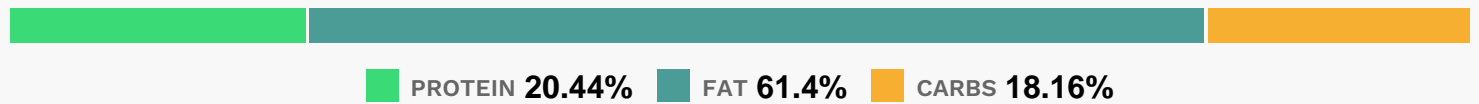
Equipment

- 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:77.5, Glycemic Load:31.29, Inflammation Score:-10, Nutrition Score:58.544347535009%

Nutrients (% of daily need)

Calories: 2318.09kcal (115.9%), Fat: 158.7g (244.16%), Saturated Fat: 64.08g (400.53%), Carbohydrates: 105.63g (35.21%), Net Carbohydrates: 89.95g (32.71%), Sugar: 15.29g (16.99%), Cholesterol: 1293.92mg (431.31%), Sodium: 5309.5mg (230.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 118.88g (237.76%), Selenium: 141.63µg (202.32%), Phosphorus: 1895.6mg (189.56%), Calcium: 1567.79mg (156.78%), Vitamin B2: 2.16mg (127.18%), Vitamin A: 5908.06IU (118.16%), Zinc: 12.34mg (82.28%), Vitamin B6: 1.48mg (73.99%), Vitamin B12: 4.15µg (69.21%), Vitamin E: 9.59mg (63.96%), Fiber: 15.68g (62.71%), Magnesium: 238.68mg (59.67%), Vitamin B5: 5.58mg (55.76%), Iron: 9.63mg (53.5%), Manganese: 0.97mg (48.34%), Potassium: 1623.95mg (46.4%), Folate: 180.6µg (45.15%), Vitamin K: 44.27µg (42.16%), Vitamin D: 6.3µg (42%), Copper: 0.7mg (34.89%), Vitamin B3: 6.27mg (31.33%), Vitamin B1: 0.42mg (27.69%), Vitamin C: 6.18mg (7.48%)