



Huevos Rancheros



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



606 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.1 teaspoon chipotles in adobo canned
- ☐ 3 corn tortillas
- ☐ 3 extra large eggs
- ☐ 1 ounce sharp cheddar cheese grated
- ☐ 2 teaspoons vegetable oil

Equipment

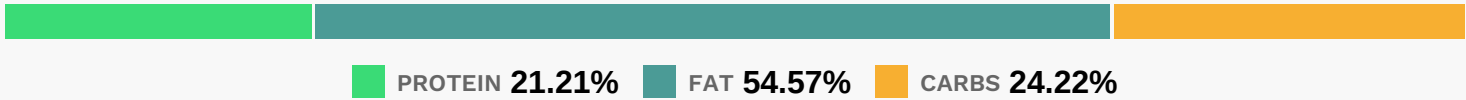
- ☐ frying pan
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat the oven to 200°F.
- ☐ Heat 1 teaspoon of the vegetable oil in a large nonstick skillet over medium heat for 30 seconds.
- ☐ Add the tortillas, one at a time, and cook for 30 seconds per side.
- ☐ Remove the tortillas to a very large piece of aluminum foil, wrap them tightly, and place them in the oven to keep hot while you cook the eggs.
- ☐ Heat the remaining 1 teaspoon vegetable oil in the skillet and fry the eggs until just set (sunnyside up or over easy). See page 7
- ☐ Unwrap the tortillas and arrange them flat on a serving plate. Rub the chipotle purée on the tortillas. Top the tortillas with the eggs. Spoon the pico de gallo over the top and sprinkle with the Cotija.
- ☐ Serve immediately.
- ☐ Silver is also the author of Bubby's Homemade Pies. He lives in New York.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:15.27, Inflammation Score:-6, Nutrition Score:25.57304369885%

Nutrients (% of daily need)

Calories: 605.92kcal (30.3%), Fat: 36.84g (56.67%), Saturated Fat: 12.43g (77.67%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 31.82g (11.57%), Sugar: 1.44g (1.6%), Cholesterol: 653.31mg (217.77%), Sodium: 459.07mg (19.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.22g (64.44%), Selenium: 64.36µg (91.94%), Phosphorus: 707.4mg (70.74%), Vitamin B2: 0.94mg (55.5%), Calcium: 357.69mg (35.77%), Vitamin B12: 1.8µg (29.93%), Zinc: 4.23mg (28.2%), Vitamin B5: 2.78mg (27.78%), Vitamin A: 1192.85IU (23.86%), Vitamin B6: 0.48mg (23.8%), Vitamin D: 3.53µg (23.53%), Folate: 88.81µg (22.2%), Iron: 3.96mg (22.01%), Magnesium: 83.97mg (20.99%), Fiber: 4.98g (19.91%), Vitamin E: 2.93mg (19.54%), Vitamin K: 17.74µg (16.89%), Manganese: 0.3mg (15.21%), Copper: 0.25mg (12.52%), Potassium: 398.75mg (11.39%), Vitamin B1: 0.15mg (9.92%), Vitamin B3: 1.31mg (6.55%)