



Huevos Rancheros



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



462 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 15 ounce no-salt-added black beans drained canned
- ☐ 4.5 ounce chiles green undrained chopped canned
- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 2 teaspoons chili powder
- ☐ 2 eggs
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons green onions chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 ounce sharp cheddar cheese shredded reduced-fat

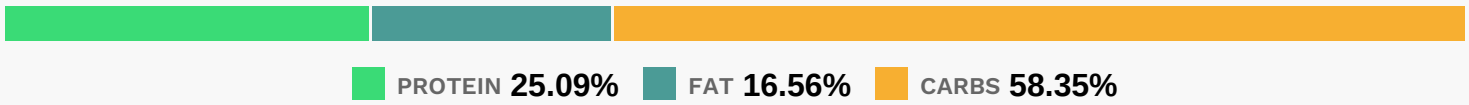
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Combine the first 8 ingredients in a large nonstick skillet; stir well, and bring to a boil. Cover, reduce the heat, and simmer the tomato mixture for 10 minutes.
- ☐ Break each egg into a custard cup, and slip eggs from cups into tomato mixture. Cover and simmer for 6 minutes or until the eggs are done.
- ☐ Remove eggs with a slotted spoon.
- ☐ Spoon half of the tomato mixture onto each of 2 plates, and top with eggs.
- ☐ Sprinkle 1 tablespoon cheese and 1 tablespoon green onions over each serving.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:13.95, Inflammation Score:-9, Nutrition Score:38.659999681556%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 461.5kcal (23.08%), Fat: 8.9g (13.7%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 70.57g (23.52%), Net Carbohydrates: 46.14g (16.78%), Sugar: 9.53g (10.59%), Cholesterol: 170.77mg (56.92%), Sodium: 960.99mg (41.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.71%), Folate: 404.86µg (101.21%), Fiber: 24.43g (97.74%), Manganese: 1.41mg (70.59%), Iron: 9.56mg (53.08%), Magnesium: 206.02mg (51.51%), Vitamin C: 42.01mg (50.92%), Phosphorus: 501.14mg (50.11%), Vitamin B1: 0.71mg (47.39%), Potassium: 1563.58mg (44.67%), Copper: 0.89mg (44.33%), Vitamin B6: 0.66mg (33%), Vitamin A: 1530.49IU (30.61%), Vitamin B2: 0.51mg (29.99%),

Selenium: 19.97µg (28.53%), Zinc: 3.96mg (26.39%), Vitamin E: 3.91mg (26.05%), Vitamin K: 27.2µg (25.91%), Calcium: 241.58mg (24.16%), Vitamin B3: 4.31mg (21.57%), Vitamin B5: 1.87mg (18.7%), Vitamin B12: 0.47µg (7.78%), Vitamin D: 0.92µg (6.15%)