



Huevos Rancheros



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon olive oil extra virgin
- 0.5 medium onion chopped (a half cup)
- 15 ounce canned tomatoes fresh whole crushed canned (or 1 -2 large vine-ripened tomatoes, when in season)
- 3 ounce anaheim chiles diced green canned
- 4 corn tortillas
- 4 servings butter
- 4 eggs fresh
- 2 tablespoons cilantro leaves fresh chopped

Equipment

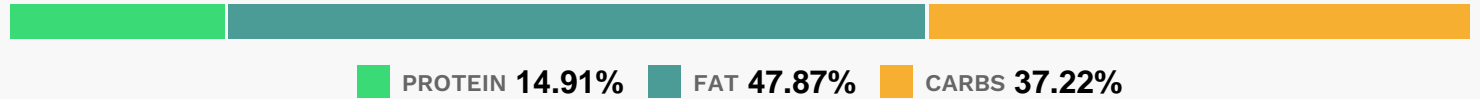
- frying pan
- oven
- spatula

Directions

- Make the sauce: Sauté the onions in a little olive oil in a large skillet on medium heat. Once the onions are translucent, add the tomatoes and their juices. If using whole canned tomatoes, break them up with your fingers or a spatula as you put them in the pan.
- If you are using fresh tomatoes, chop them first, then add. Note that fresh tomatoes will take longer to cook as canned tomatoes are already cooked to begin with.
- Add chopped green chilies.
- Add additional chili to taste, either chipotle chili powder, adobo sauce, regular chili powder, or even ground cumin.
- Bring to a simmer, reduce heat to low, and let simmer while you do the rest of the cooking, stirring occasionally. Reduce to warm after it has been simmering for 10 minutes.
- Add salt to taste if needed.
- Warm the plates:
- Heat the oven to a warm 150°F, place serving plates in the oven to keep warm.
- the tortillas:
- Heat a teaspoon of olive oil in a large non-stick skillet on medium high, coating the pan with the oil.
- One by one (or more if your pan is big enough) heat the tortillas in the pan, a minute or two on each side, until they are heated through, softened, and pockets of air bubble up inside of them.
- Then remove them and stack them on one of the warming plates in the oven to keep warm while you continue cooking the rest of the tortillas and the eggs.
- the eggs: Using the same skillet as was used for the tortillas, add a little butter to the pan, about two teaspoons for 4 eggs.

- Heat the pan on medium high heat. Crack 4 eggs into the skillet and cook for 3 to 4 minutes for runny yolks, more for firmer eggs.
- and serve: To serve, spoon a little of the sauce onto a warmed plate. Top with a tortilla, then a fried egg. Top with more sauce, sprinkle with cilantro if desired.
- Serve either one or two eggs/tortillas per plate, depending on how much you want to eat. I'm a 2-egg 2 tortilla person myself.

Nutrition Facts



Properties

Glycemic Index:49.38, Glycemic Load:7.49, Inflammation Score:-5, Nutrition Score:12.222608649212%

Flavonoids

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: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 231.7kcal (11.58%), Fat: 12.79g (19.68%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 17.78g (6.46%), Sugar: 6.36g (7.07%), Cholesterol: 174.43mg (58.14%), Sodium: 318.18mg (13.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Selenium: 15.85µg (22.65%), Phosphorus: 208.06mg (20.81%), Fiber: 4.6g (18.4%), Vitamin E: 2.49mg (16.61%), Vitamin B2: 0.28mg (16.41%), Vitamin C: 13.4mg (16.25%), Manganese: 0.31mg (15.51%), Vitamin B6: 0.31mg (15.41%), Iron: 2.52mg (14.03%), Copper: 0.27mg (13.6%), Potassium: 442.92mg (12.65%), Vitamin A: 605.41IU (12.11%), Magnesium: 46.79mg (11.7%), Vitamin B5: 1.02mg (10.22%), Folate: 38.69µg (9.67%), Vitamin B3: 1.74mg (8.71%), Calcium: 86.38mg (8.64%), Vitamin B1: 0.13mg (8.57%), Vitamin K: 8.9µg (8.47%), Zinc: 1.22mg (8.16%), Vitamin B12: 0.4µg (6.67%), Vitamin D: 0.88µg (5.87%)