



Huevos Rancheros con Bacon



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



485 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 oz tomato sauce canned
- ☐ 8 large eggs
- ☐ 0.5 bell pepper green cut into 1/2-in. dice
- ☐ 1 jalapeño chile halved thinly sliced
- ☐ 4 servings warm tortillas and refried beans
- ☐ 8 ounces bacon thick-cut
- ☐ 1 medium tomatoes chopped
- ☐ 0.5 onion white chopped

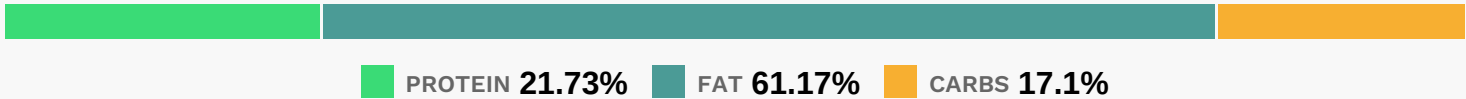
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat a large frying pan over medium-high heat.
- ☐ Add bacon and cook, turning often, until almost crisp, about 10 minutes.
- ☐ Transfer bacon to paper towels.
- ☐ Drain most of fat from pan and reserve.
- ☐ Add onion, pepper, and chile to pan and cook until starting to soften, about 2 minutes. Stir in tomato, tomato sauce, and 1/2 cup water. Bring to a simmer.
- ☐ Meanwhile, working in batches, heat a little reserved fat and fry the eggs in a large nonstick frying pan (discard the rest of fat). Set tortillas on each plate and top with 2 eggs. Spoon sauce over eggs and crumble bacon on top.
- ☐ Serve huevos rancheros with refried beans.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:4.63, Inflammation Score:-7, Nutrition Score:19.303043697191%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 485.12kcal (24.26%), Fat: 32.3g (49.69%), Saturated Fat: 10.72g (66.99%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 13.68g (4.97%), Sugar: 7.16g (7.95%), Cholesterol: 409.42mg (136.47%), Sodium: 1449.99mg (63.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.63%), Selenium: 42.52µg (60.74%), Vitamin

B2: 0.56mg (32.7%), Phosphorus: 310.21mg (31.02%), Vitamin C: 25.31mg (30.68%), Fiber: 6.63g (26.54%), Vitamin A: 1251.13IU (25.02%), Vitamin B6: 0.47mg (23.27%), Vitamin B5: 2.09mg (20.93%), Iron: 3.73mg (20.74%), Vitamin B12: 1.17µg (19.56%), Vitamin E: 2.46mg (16.4%), Vitamin B3: 3.23mg (16.16%), Vitamin B1: 0.24mg (15.85%), Potassium: 546.32mg (15.61%), Folate: 61.76µg (15.44%), Vitamin D: 2.23µg (14.85%), Zinc: 2.18mg (14.56%), Calcium: 112.87mg (11.29%), Copper: 0.2mg (9.8%), Magnesium: 34.08mg (8.52%), Manganese: 0.17mg (8.46%), Vitamin K: 6.12µg (5.83%)