



Huevos Rancheros Divorced-Style (Huevos Rancheros Divorciados)



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



402 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 anaheim chile halved
- ☐ 2 tablespoons canola oil divided
- ☐ 0.3 cup chicken broth
- ☐ 2 6-inch corn tortillas
- ☐ 4 large eggs
- ☐ 1 clove garlic unpeeled
- ☐ 4 plum tomatoes cored

- ☐ 2 servings salt
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 1 serrano chile stemmed
- ☐ 1 large shallots peeled
- ☐ 5 tomatillos husked rinsed
- ☐ 0.5 small onion white

Equipment

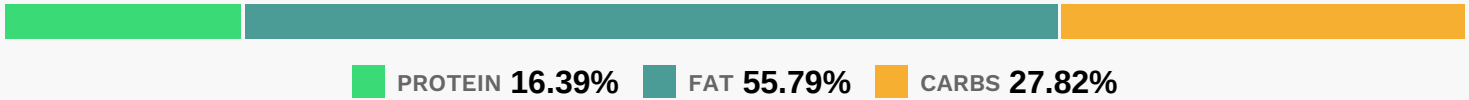
- ☐ frying pan
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a medium skillet over medium heat.
- ☐ Add the tomatoes, shallots and serranos to the dry skillet and char on all sides, turning occasionally, 5 to 7 minutes.
- ☐ Transfer the charred ingredients to a blender, add the broth and process until smooth. Return the salsa to the skillet and cook over medium-high heat until the salsa turns a bright red color, 5 to 7 minutes. Season with salt and pepper.
- ☐ Heat a medium skillet over medium-high heat.
- ☐ Add the tomatillos, chile, onion and garlic to the dry skillet and char on all sides, turning occasionally, about 6 minutes. Peel the garlic.
- ☐ Transfer the charred ingredients to a blender and process until smooth. Season with salt and pepper.
- ☐ Heat 1 tablespoon oil in a medium nonstick skillet over medium heat.
- ☐ Add the tortillas, 1 at a time, and cook until crisp-tender, 30 seconds per side.
- ☐ Remove the tortillas to a piece of aluminum foil and wrap tightly to keep warm.
- ☐ Heat the remaining 1 tablespoon oil in the same skillet and fry the eggs until just set, about 3 minutes.

- ☐ Sprinkle with salt.
- ☐ Unwrap the tortillas and arrange them flat on 2 serving plates (1 tortilla per plate). Top each tortilla with 2 fried eggs and spoon about 1/3 cup warm salsa asada over 1 egg and another 1/3 cup salsa verde over the other egg.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:103.75, Glycemic Load:7.32, Inflammation Score:-8, Nutrition Score:22.431739185167%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 401.73kcal (20.09%), Fat: 25.48g (39.2%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 22.07g (8.02%), Sugar: 10.12g (11.24%), Cholesterol: 372.59mg (124.2%), Sodium: 559.54mg (24.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.68%), Selenium: 33.3µg (47.57%), Vitamin C: 34.4mg (41.7%), Phosphorus: 359.95mg (36%), Vitamin A: 1700.57IU (34.01%), Vitamin B2: 0.56mg (32.71%), Vitamin E: 4.61mg (30.72%), Vitamin K: 29.38µg (27.98%), Fiber: 6.53g (26.12%), Manganese: 0.5mg (25.04%), Vitamin B6: 0.47mg (23.6%), Potassium: 797.16mg (22.78%), Folate: 81.18µg (20.29%), Vitamin B5: 1.88mg (18.76%), Iron: 3.2mg (17.79%), Magnesium: 67.24mg (16.81%), Vitamin B12: 0.9µg (14.93%), Vitamin B3: 2.94mg (14.71%), Zinc: 2.16mg (14.37%), Copper: 0.28mg (14.22%), Vitamin D: 2µg (13.33%), Vitamin B1: 0.17mg (11.61%), Calcium: 108.84mg (10.88%)