



Huevos Rancheros in Tortilla Cups

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



539 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 6 2-inch diameter corn tortillas
- ☐ 6 large eggs
- ☐ 0.7 cup cilantro leaves fresh divided chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons bottled chipotle hot sauce
- ☐ 0.8 cup monterrey jack cheese grated
- ☐ 4 tablespoons olive oil divided

☐ 1 cup purchased pico de gallo

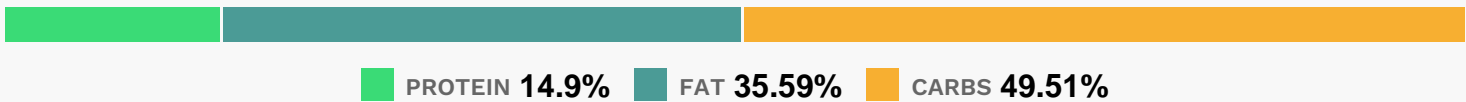
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F.
- ☐ Brush six 10-ounce custard cups with 1 tablespoon oil. Stack tortillas; microwave uncovered until warm and flexible, about 25 seconds. Gently press 1 tortilla into each cup.
- ☐ Brush tortillas with 2 tablespoons oil.
- ☐ Place pinto beans, remaining 1 tablespoon oil, 1/3 cup chopped cilantro, and cumin in small bowl; mash coarsely with fork. Spoon bean mixture into bottom of tortilla cups, spreading and dividing evenly. Crack 1 egg into each tortilla cup atop beans.
- ☐ Sprinkle each with grated Monterey
- ☐ Jack cheese, covering egg completely.
- ☐ Bake uncovered until egg yolks are firm to touch and whites are set, about 27 minutes (yolks will still be soft inside).
- ☐ Meanwhile, mix pico de gallo, 1/3 cup cilantro, and hot sauce in small bowl. Using large spoon, lift tortilla cups from dishes; transfer to plates. Top eggs with pico de gallo and serve immediately.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:22.09, Inflammation Score:-7, Nutrition Score:20.406086859496%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 539.08kcal (26.95%), Fat: 21.91g (33.71%), Saturated Fat: 6.13g (38.29%), Carbohydrates: 68.59g (22.86%), Net Carbohydrates: 56.43g (20.52%), Sugar: 4.84g (5.38%), Cholesterol: 198.57mg (66.19%), Sodium: 781.78mg (33.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.64g (41.27%), Phosphorus: 598.88mg (59.89%), Fiber: 12.16g (48.64%), Selenium: 25.31µg (36.15%), Magnesium: 118.45mg (29.61%), Manganese: 0.57mg (28.58%), Vitamin B2: 0.45mg (26.34%), Calcium: 255.01mg (25.5%), Iron: 4.04mg (22.43%), Zinc: 2.97mg (19.81%), Vitamin B6: 0.39mg (19.55%), Folate: 76.19µg (19.05%), Copper: 0.36mg (17.97%), Vitamin B1: 0.23mg (15.48%), Vitamin E: 2.28mg (15.21%), Potassium: 528.01mg (15.09%), Vitamin A: 687.46IU (13.75%), Vitamin B3: 2.24mg (11.19%), Vitamin K: 11.68µg (11.13%), Vitamin B5: 1.06mg (10.62%), Vitamin B12: 0.56µg (9.37%), Vitamin D: 1.08µg (7.23%), Vitamin C: 5.57mg (6.75%)