



WHATSheATE



Huevos Rancheros Omelets



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup coarsely baked tortilla chips divided crushed (20 chips)
- ☐ 0.3 cup chile sauce green
- ☐ 4 large egg whites
- ☐ 2 large eggs
- ☐ 2 tablespoons milk fat-free
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.3 ounces monterrey jack cheese shredded

- ☐ 0.5 teaspoon olive oil divided
- ☐ 1 cup onion chopped (1 small)
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup refried beans fat-free canned
- ☐ 0.3 teaspoon salt

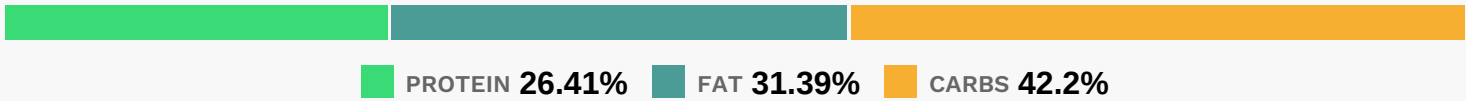
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Cook onion in a large nonstick skillet coated with cooking spray over medium-high heat about 4 minutes or until tender.
- ☐ Add beans and cumin; cook about 4 minutes or until thoroughly heated. Set aside, and keep warm.
- ☐ Combine egg whites and next 4 ingredients in a bowl; stir well with a whisk.
- ☐ Heat 1/4 teaspoon oil in a small nonstick skillet over medium heat.
- ☐ Pour 1/2 of egg mixture into pan. Cook 5 minutes; flip omelet.
- ☐ Spread 1/2 of bean mixture onto 1/2 of omelet.
- ☐ Sprinkle with 1/4 cup chips and 1/2 of cheese. Carefully loosen with a spatula; fold in half. Cook 2 minutes. Slide onto a plate. Spoon 1/2 of chile sauce and 1 tablespoon cilantro on omelet. Repeat procedure with remaining 1/4 teaspoon oil, and remaining ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.81, Glycemic Load:1.75, Inflammation Score:-4, Nutrition Score:7.5108694900637%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 193.67kcal (9.68%), Fat: 6.65g (10.23%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 17.06g (6.2%), Sugar: 3.61g (4.02%), Cholesterol: 101.43mg (33.81%), Sodium: 560.06mg (24.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Selenium: 18.24µg (26.05%), Vitamin B2: 0.36mg (21.01%), Phosphorus: 162.14mg (16.21%), Calcium: 139.73mg (13.97%), Fiber: 3.06g (12.24%), Magnesium: 29.04mg (7.26%), Iron: 1.29mg (7.19%), Vitamin B6: 0.13mg (6.56%), Folate: 24.94µg (6.23%), Vitamin B12: 0.37µg (6.2%), Potassium: 212.16mg (6.06%), Zinc: 0.89mg (5.93%), Vitamin A: 278.82IU (5.58%), Vitamin B5: 0.54mg (5.43%), Vitamin C: 4.19mg (5.08%), Vitamin B1: 0.07mg (4.58%), Vitamin D: 0.64µg (4.25%), Manganese: 0.08mg (4.05%), Vitamin E: 0.49mg (3.27%), Copper: 0.06mg (3.18%), Vitamin K: 1.53µg (1.46%)