



Huevos Rancheros (Rancheros Eggs)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 15 oz kidney beans red canned
- ☐ 28 oz canned tomatoes whole canned
- ☐ 4 corn tortillas
- ☐ 4 eggs organic
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 clove garlic peeled chopped
- ☐ 3 garlic cloves fine chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 jalapeno
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 4 teaspoon oregano dried
- ☐ 0.5 cup queso fresco crumbled
- ☐ 4 servings salt to your taste
- ☐ 4 servings salt and pepper
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup vegetable stock

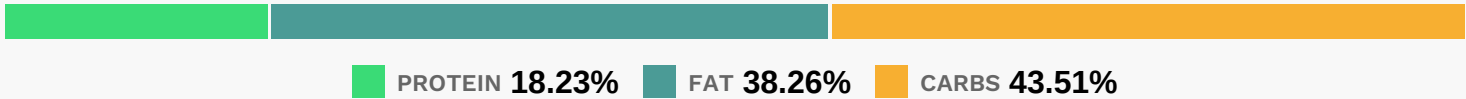
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ To make the beans: In a pot add olive oil and onion over medium heat. Cook for about 2 minutes.
- ☐ Add the garlic and cook for 1 minute more.
- ☐ Place all the ingredients in the food processor and process.
- ☐ Place 1 warm tortilla on each plate. Divide the beans among them, then top with a fried egg, some salsa and queso fresco.
- ☐ Sprinkle with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:94.65, Glycemic Load:11.75, Inflammation Score:-10, Nutrition Score:22.985217343206%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 371.82kcal (18.59%), Fat: 16.39g (25.22%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 31.28g (11.37%), Sugar: 9.55g (10.62%), Cholesterol: 174.2mg (58.07%), Sodium: 1370.31mg (59.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.58g (35.16%), Fiber: 10.67g (42.69%), Phosphorus: 394.01mg (39.4%), Manganese: 0.76mg (37.78%), Vitamin C: 26.3mg (31.88%), Vitamin K: 31.97µg (30.45%), Iron: 5.44mg (30.25%), Selenium: 20.06µg (28.66%), Vitamin B6: 0.55mg (27.42%), Calcium: 270.29mg (27.03%), Vitamin B2: 0.45mg (26.44%), Potassium: 864.93mg (24.71%), Vitamin E: 3.51mg (23.39%), Magnesium: 91.33mg (22.83%), Copper: 0.41mg (20.32%), Folate: 76.99µg (19.25%), Vitamin B1: 0.27mg (18.2%), Vitamin A: 883.92IU (17.68%), Zinc: 2.39mg (15.91%), Vitamin B3: 2.57mg (12.87%), Vitamin B5: 1.21mg (12.09%), Vitamin B12: 0.65µg (10.8%), Vitamin D: 1.29µg (8.61%)