



Huevos Rancheros Tacos

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado ripe peeled chopped
- ☐ 0.5 cup black beans rinsed drained
- ☐ 0.3 teaspoon pepper black
- ☐ 4 6-inch corn tortillas ()
- ☐ 4 large eggs
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 4 lime wedges
- ☐ 2 tablespoons crema mexicana

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup pico de gallo fresh
- ☐ 0.5 cup cheese mexican blend cheese shredded reduced-fat

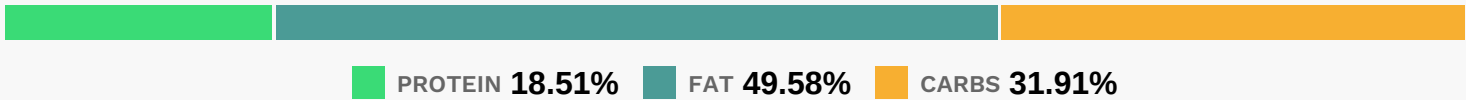
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Arrange tortillas on a baking sheet; lightly coat tortillas with cooking spray. Broil 2 minutes; remove pan from oven. Turn tortillas over. Top each tortilla with 2 tablespoons cheese and 2 tablespoons beans. Broil 1 minute or until cheese melts.
- ☐ Remove from oven.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat. Crack eggs into pan; cook 2 minutes. Cover and cook 2 minutes or until whites are set.
- ☐ Place 1 egg in center of each tortilla; sprinkle with pepper. Top tacos evenly with pico de gallo, crema, avocado, and cilantro.
- ☐ Serve with lime.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:6.64, Inflammation Score:-5, Nutrition Score:13.192173978557%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 290.44kcal (14.52%), Fat: 16.51g (25.4%), Saturated Fat: 4.91g (30.69%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 18.16g (6.6%), Sugar: 2.63g (2.92%), Cholesterol: 203.27mg (67.76%), Sodium: 301.18mg (13.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.75%), Phosphorus: 289.04mg (28.9%), Selenium: 19.48µg (27.83%), Fiber: 5.76g (23.02%), Folate: 81.09µg (20.27%), Vitamin B2: 0.34mg (20.04%), Calcium: 169.32mg (16.93%), Magnesium: 52.11mg (13.03%), Vitamin B5: 1.28mg (12.77%), Manganese: 0.25mg (12.73%), Zinc: 1.83mg (12.23%), Vitamin B6: 0.24mg (11.97%), Vitamin A: 578.18IU (11.56%), Iron: 2.02mg (11.2%), Vitamin C: 8.83mg (10.7%), Vitamin B12: 0.62µg (10.29%), Potassium: 352.69mg (10.08%), Vitamin E: 1.51mg (10.05%), Vitamin K: 10.39µg (9.9%), Copper: 0.19mg (9.39%), Vitamin B1: 0.12mg (8.21%), Vitamin D: 1.07µg (7.13%), Vitamin B3: 1.04mg (5.19%)