



Huevos Rancheros Tarts

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



492 kcal

Ingredients

- ☐ 1 slices avocado
- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 4 eggs
- ☐ 14.5 oz canned tomatoes fire roasted undrained canned
- ☐ 4 tablespoons cilantro leaves fresh chopped
- ☐ 1 clove garlic peeled
- ☐ 0.3 teaspoon kosher salt (coarse)
- ☐ 0.3 cup onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup queso fresco crumbled
- ☐ 8 oz regular crescent rolls refrigerated canned

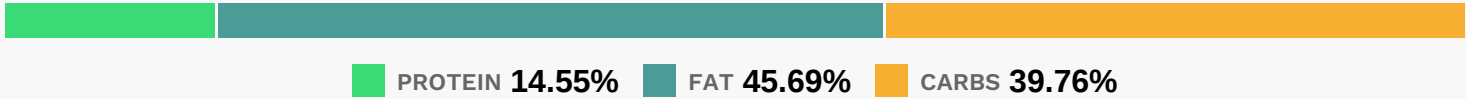
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Heat oven to 375F. Line cookie sheet with cooking parchment paper. Separate dough into 4 rectangles on cookie sheet. Firmly press perforations to seal. For each rectangle, roll edges toward center and form a 3 1/2-inch diameter round with a 1/2-inch rim. Press rim firmly to seal.
- ☐ In small bowl, mix oregano leaves, 1/4 teaspoon of the chipotle chili powder and the salt.
- ☐ Sprinkle over dough rounds. Break 1 egg in center of each dough round. (Egg may run over slightly.)
- ☐ Bake 16 to 18 minutes or until egg whites and yolks are firm, not runny.
- ☐ Meanwhile, in blender, place tomatoes, onion, garlic, 2 tablespoons of the cilantro and remaining 1/4 teaspoon chipotle chili powder. Cover; blend until smooth. In 2-quart saucepan, heat tomato mixture over medium-high heat 4 to 5 minutes or until hot.
- ☐ Remove and reserve 3/4 cup mixture from saucepan; cover to keep warm.
- ☐ Add beans to remaining mixture in saucepan. Cook over medium-high heat 5 minutes, stirring frequently, mashing beans slightly with back of wooden spoon until slightly thickened.
- ☐ For each serving, place about 1/3 cup bean mixture on plate with egg tart.
- ☐ Serve with reserved sauce, cheese, avocado slices and remaining 2 tablespoons cilantro.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:17.080434695534%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 492.32kcal (24.62%), Fat: 25.74g (39.6%), Saturated Fat: 9.32g (58.25%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 39.44g (14.34%), Sugar: 9.26g (10.29%), Cholesterol: 174.2mg (58.07%), Sodium: 1341.36mg (58.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.89%), Fiber: 10.96g (43.85%), Folate: 119µg (29.75%), Phosphorus: 284.99mg (28.5%), Selenium: 18.2µg (26%), Iron: 4.47mg (24.82%), Vitamin B2: 0.41mg (24.14%), Calcium: 192.21mg (19.22%), Vitamin A: 934.76IU (18.7%), Manganese: 0.36mg (17.91%), Potassium: 612.6mg (17.5%), Copper: 0.32mg (16.07%), Magnesium: 59.08mg (14.77%), Vitamin B5: 1.46mg (14.55%), Vitamin B1: 0.2mg (13.65%), Vitamin B6: 0.27mg (13.42%), Zinc: 1.81mg (12.1%), Vitamin C: 9.46mg (11.47%), Vitamin B12: 0.65µg (10.8%), Vitamin K: 11.06µg (10.53%), Vitamin E: 1.43mg (9.52%), Vitamin D: 1.29µg (8.61%), Vitamin B3: 1.39mg (6.97%)