



Huevos Rancheros Tostados



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 15 ounce pinto beans drained canned
- ☐ 4 6-inch corn tortillas ()
- ☐ 4 large eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup catsup
- ☐ 0.5 cup picante sauce
- ☐ 0.3 teaspoon salt

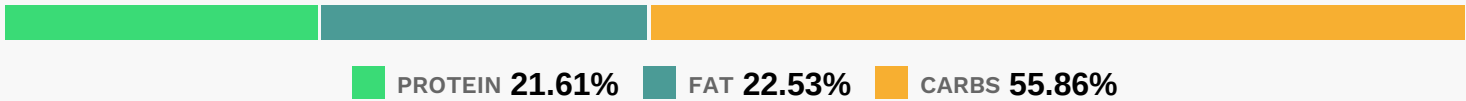
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 45
- ☐ Lightly coat both sides of corn tortillas with cooking spray, and place on a baking sheet.
- ☐ Bake at 450 for 5 minutes on each side or until tortillas are crisp.
- ☐ While tortillas bake, combine the picante sauce, ketchup, and pinto beans in a large nonstick skillet; bring to a simmer over medium-high heat, stirring frequently. Using a wooden spoon, make 4 small wells in bean mixture, 2 inches apart. Break 1 egg into each well, and sprinkle evenly with salt. Cover and cook 5 minutes or until egg is desired degree of doneness.
- ☐ Place 1 tortilla on each of 4 plates; top each serving with 1/2 cup bean mixture and 1 egg.
- ☐ Sprinkle each serving with 1 tablespoon chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:10.09, Inflammation Score:-5, Nutrition Score:13.50434777011%

Flavonoids

Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 240.16kcal (12.01%), Fat: 6.17g (9.5%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 27.24g (9.91%), Sugar: 5.94g (6.6%), Cholesterol: 186mg (62%), Sodium: 862.67mg (37.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.64%), Phosphorus: 293.23mg (29.32%), Fiber: 7.19g (28.75%), Selenium: 17.34µg (24.78%), Manganese: 0.49mg (24.65%), Vitamin B2: 0.3mg (17.61%), Magnesium: 66.89mg (16.72%), Iron: 2.97mg (16.48%), Potassium: 542.02mg (15.49%), Vitamin B6: 0.3mg (15.15%), Copper: 0.28mg (14.23%), Folate: 53.58µg (13.4%), Vitamin E: 1.84mg (12.3%), Vitamin A: 570.95IU (11.42%), Zinc: 1.68mg (11.18%), Calcium: 111.14mg (11.11%), Vitamin B5: 1.02mg (10.18%), Vitamin B1: 0.11mg (7.56%), Vitamin B12: 0.44µg (7.42%), Vitamin K: 7.3µg (6.95%), Vitamin D: 1µg (6.67%), Vitamin B3: 1.3mg (6.51%), Vitamin C: 2.25mg (2.72%)