



Huevos Rancheros with Black Bean Puree

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



599 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 15.5 ounce black beans drained and rinsed canned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 8 eggs room temperature
- ☐ 2 12-inch flour tortillas ()
- ☐ 1 clove garlic smashed
- ☐ 1 garlic clove chopped
- ☐ 1 teaspoon ground cumin

- ☐ 0.5 teaspoon sauce red hot (recommended: Frank's)
- ☐ 1 medium jalapeño chopped
- ☐ 0.5 teaspoon juice of lime
- ☐ 1 tablespoon juice of lime
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 small onion chopped
- ☐ 0.5 cup pepper jack cheese shredded
- ☐ 1 pinch salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup cheddar shredded
- ☐ 4 servings cup heavy whipping cream sour for garnish
- ☐ 2 small tomatoes seeded chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ ramekin
- ☐ cutting board

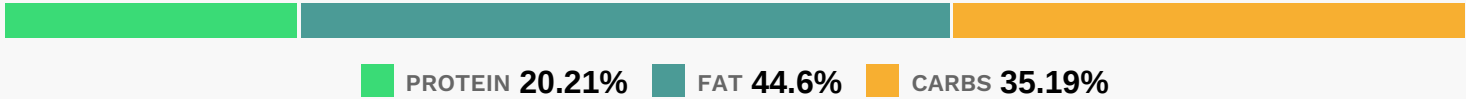
Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ For the Salsa: In a small bowl mix together, tomatoes, onion, jalapeno, garlic, juice, olive oil, hot sauce, and cilantro. Season with salt and pepper, to taste.
- ☐ For the Black Bean Puree: In a food processor, blend all ingredients together until smooth.
- ☐ To assemble: Stack tortillas on a cutting board. Using the bottom of the ramekin as a guide, cut 8 circles out of the tortillas.
- ☐ Spread the bean puree evenly on 1 side of each tortilla round.
- ☐ Place a round in each ramekin, bean side up. Crack 2 eggs into each of the 4 ramekins, followed by 1/4 cup of salsa, and 1 tablespoon each of Cheddar and jack. Cover with another tortilla round, bean side down. Do not jam the dishes with too much. The eggs will expand

during cooking and overflow.

- ☐
- Brush tops of each tortilla with butter and bake on a sheet tray for 35 minutes. Top with remaining cheese during the last 10 minutes of cooking. Cheese should be melted and golden on top. To serve, top with sour cream and salsa.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:10.05, Inflammation Score:-8, Nutrition Score:28.384782417961%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 598.97kcal (29.95%), Fat: 29.74g (45.76%), Saturated Fat: 13.23g (82.7%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 42.13g (15.32%), Sugar: 5.16g (5.73%), Cholesterol: 368.66mg (122.89%), Sodium: 1203.04mg (52.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.64%), Selenium: 48.04µg (68.63%), Phosphorus: 570.62mg (57.06%), Vitamin B2: 0.86mg (50.3%), Folate: 180.55µg (45.14%), Fiber: 10.67g (42.69%), Calcium: 407.26mg (40.73%), Iron: 6.4mg (35.54%), Manganese: 0.7mg (35.19%), Vitamin B1: 0.52mg (34.59%), Vitamin A: 1385.77IU (27.72%), Zinc: 3.18mg (21.19%), Potassium: 737.9mg (21.08%), Vitamin C: 16.84mg (20.42%), Magnesium: 80.71mg (20.18%), Copper: 0.39mg (19.69%), Vitamin B5: 1.87mg (18.71%), Vitamin B3: 3.69mg (18.43%), Vitamin B6: 0.37mg (18.29%), Vitamin B12: 1.08µg (18.02%), Vitamin K: 14.34µg (13.66%), Vitamin D: 1.93µg (12.86%), Vitamin E: 1.91mg (12.73%)