



Huevos Rancheros with Clam Salsa on Handmade Sopes

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup black beans canned rinsed
- 12 servings cojita cheese crumbled
- 12 clams
- 6 eggs
- 5 sprigs cilantro leaves fresh
- 5 sprigs cilantro leaves fresh chopped
- 1 teaspoon garlic

- 12 servings asian hot sauce (recommended: Sriracha)
- 1 jalapeño
- 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 1 tablespoon olive oil
- 1 onion red quartered
- 1 roma tomato diced
- 2 roma tomatoes cored
- 1 tablespoon salt
- 1 teaspoon salt
- 12 servings salt and pepper black freshly ground
- 12 servings vegetable oil for frying

Equipment

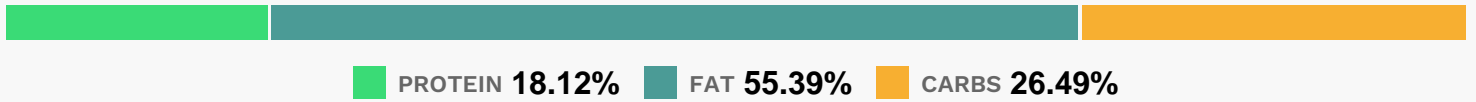
- bowl
- frying pan
- pot
- blender

Directions

- Mix the masa harina with the salt and slowly add 1 cup water.
- Combine until the masa turns into a soft dough and forms a ball. Grab a small ball of dough about the size of a lemon and form a patty 1/2-inch thick. In a saute pan, add 1 tablespoon vegetable oil and lightly fry the patty on both sides for 2 to 3 minutes each side.
- Remove from the pan and cool slightly.
- Add more vegetable oil to the pan, about a 1/2-inch up the side of the pan, and heat. In the meantime, start forming the sopos by pushing into the center of each patty to create a small shallow bowl or "sope". Fry the sopos for a second time until golden brown. Set aside.
- For the clam salsa: Bring a small pot of water to a boil and add the tomatoes, onion and jalapeno. After 10 to 15 seconds, pull out the tomato and peel the skin.

- Place in a blender. Continue to boil the onion and jalapeno for 10 more minutes.
- Remove from the pot and add to the blender.
- Add the clams to the water and cover. Cook over high heat until the clams open, about 5 minutes. In the meantime, add the cilantro, garlic and salt to the blender and pulse 1 to 2 minutes.
- Pour into a bowl and set aside. Once the clams have cooked, remove the meat from the shells and add to the salsa. Taste and adjust seasoning if necessary.
- For the huevos rancheros: In a saute pan over medium heat, add the olive oil and eggs. Just as the eggs start coming together, add the tomatoes, cilantro and beans. Scramble until soft. Season with salt and pepper.
- To build the sopes: On each sope, place a spoonful of the eggs, top with salsa and include 3 to 4 clams. Top with some cojita cheese and a drizzle of hot sauce.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:12.270434856415%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 274.46kcal (13.72%), Fat: 17.09g (26.3%), Saturated Fat: 7.16g (44.74%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 16.23g (5.9%), Sugar: 1.05g (1.16%), Cholesterol: 112.47mg (37.49%), Sodium: 1037mg (45.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.16%), Selenium: 18.75µg (26.78%), Calcium: 260.02mg (26%), Phosphorus: 241.64mg (24.16%), Vitamin B2: 0.41mg (23.82%), Vitamin B1: 0.32mg (21.36%), Folate: 66.39µg (16.6%), Vitamin A: 734.22IU (14.68%), Vitamin K: 14.03µg (13.36%), Vitamin B12: 0.75µg (12.52%), Zinc: 1.84mg (12.23%), Iron: 2.15mg (11.95%), Vitamin B3: 2.11mg (10.56%), Vitamin B6: 0.19mg (9.35%), Magnesium: 34.85mg (8.71%), Fiber: 2.17g (8.67%), Manganese: 0.17mg (8.5%), Vitamin E: 1.04mg (6.95%), Vitamin C: 5.03mg (6.1%), Vitamin B5: 0.56mg (5.56%), Potassium: 191.78mg (5.48%), Copper: 0.09mg (4.75%), Vitamin D: 0.62µg (4.13%)