

Huevos Rancheros with Pico de Gallo

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



484 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup tomatoes chopped
- 0.3 cup onion red chopped
- 0.3 cup cilantro leaves fresh coarsely chopped
- 1 clove garlic finely chopped
- 0.3 teaspoon salt
- 1 tablespoon olive oil
- 4 6-inch corn tortillas soft ()
- 16 oz refried beans traditional canned

- 4 eggs
- 2 tablespoons water
- 2 avocado pitted peeled sliced
- 4 oz queso fresco crumbled

Equipment

- bowl
- frying pan
- paper towels
- sauce pan

Directions

- In small bowl, mix all pico de gallo ingredients; set aside.
- In large nonstick skillet, heat oil over medium heat.
- Add tortillas, one at a time; cook 1 to 2 minutes, turning once, until crisp and lightly browned.
- Drain on paper towels; cover to keep warm.
- In small saucepan, heat refried beans over medium heat until warm, about 5 minutes.
- Meanwhile, heat same nonstick skillet over medium heat. Break eggs, one at a time, into custard cup or small bowl; carefully slide egg into skillet.
- Add water. Cover; cook until whites and yolks are firm, not runny.
- To serve, spread warm refried beans over crisp tortillas. Top each with 1 fried egg.
- Garnish with pico de gallo and sliced avocados.
- Sprinkle with cheese.

Nutrition Facts



PROTEIN 15.74% **FAT 54.83%** **CARBS 29.43%**

Properties

Glycemic Index:64.13, Glycemic Load:9.36, Inflammation Score:-8, Nutrition Score:21.082608679067%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 484.13kcal (24.21%), Fat: 30.04g (46.21%), Saturated Fat: 7.79g (48.69%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 22.48g (8.18%), Sugar: 5.97g (6.63%), Cholesterol: 183.24mg (61.08%), Sodium: 1094.8mg (47.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.81%), Fiber: 13.8g (55.18%), Phosphorus: 343.63mg (34.36%), Selenium: 21.13µg (30.19%), Folate: 113.5µg (28.37%), Vitamin K: 29.72µg (28.31%), Calcium: 264.04mg (26.4%), Vitamin B2: 0.41mg (24.11%), Vitamin B6: 0.46mg (23.21%), Vitamin E: 3.45mg (23.02%), Vitamin B5: 2.26mg (22.56%), Vitamin A: 1085.51IU (21.71%), Potassium: 744.24mg (21.26%), Vitamin C: 16.4mg (19.88%), Magnesium: 65.57mg (16.39%), Iron: 2.89mg (16.07%), Zinc: 2.38mg (15.85%), Manganese: 0.32mg (15.81%), Copper: 0.3mg (15.19%), Vitamin B12: 0.87µg (14.46%), Vitamin B3: 2.43mg (12.14%), Vitamin D: 1.65µg (10.97%), Vitamin B1: 0.14mg (9.46%)