



Huevos Rancheros with Queso Fresco

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 16 ounce pinto beans rinsed drained canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 4 large eggs
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 ounces queso fresco cheese crumbled
- ☐ 10 ounce enchilada sauce red canned

☐ 2 tablespoons water

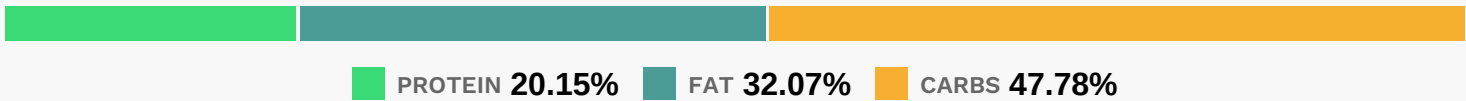
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Combine the tomatoes and enchilada sauce in a medium saucepan; bring to a boil. Reduce heat; simmer 5 minutes or until slightly thick.
- ☐ Remove from heat; stir in cilantro and juice. Set aside.
- ☐ Place water and beans in a microwave-safe bowl, and partially mash with a fork. Cover and microwave at HIGH 2 minutes or until hot.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add eggs; cook 1 minute on each side or until desired degree of doneness.
- ☐ Warm tortillas according to package directions.
- ☐ Spread about 1/3 cup beans over each tortilla; top each tortilla with 1 egg. Spoon 1/2 cup sauce around each egg; sprinkle each serving with 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:14.81, Inflammation Score:-8, Nutrition Score:23.160434764364%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 457.58kcal (22.88%), Fat: 16.42g (25.26%), Saturated Fat: 6.87g (42.96%), Carbohydrates: 55.05g (18.35%), Net Carbohydrates: 45.44g (16.52%), Sugar: 11.81g (13.12%), Cholesterol: 205.56mg (68.52%), Sodium: 1672.26mg (72.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.22g (46.44%), Selenium: 32.64µg (46.62%), Phosphorus: 441.38mg (44.14%), Fiber: 9.61g (38.42%), Manganese: 0.77mg (38.33%), Calcium: 341.96mg (34.2%), Iron: 5.82mg (32.35%), Vitamin B2: 0.48mg (28.18%), Folate: 111.06µg (27.76%), Vitamin B1: 0.4mg (26.83%), Vitamin A: 1215.45IU (24.31%), Copper: 0.42mg (20.85%), Potassium: 701.29mg (20.04%), Magnesium: 76.34mg (19.09%), Vitamin B3: 3.49mg (17.45%), Zinc: 2.48mg (16.56%), Vitamin B6: 0.33mg (16.51%), Vitamin B12: 0.92µg (15.35%), Vitamin E: 2.2mg (14.69%), Vitamin K: 14.4µg (13.71%), Vitamin B5: 1.32mg (13.15%), Vitamin C: 10.22mg (12.38%), Vitamin D: 1.77µg (11.77%)