



Huevos Rancheros with Spicy Ham Sofrito



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 6-inch corn tortillas
- ☐ 8 large eggs
- ☐ 4 large garlic cloves thinly sliced
- ☐ 1 large bell pepper green thinly sliced
- ☐ 2 jalapeños-halved seeded thinly sliced
- ☐ 2 medium onions red thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 10 ounce ham smoked cut into 2-by-1/4-inch strips

- ☐ 1 teaspoon paprika sweet
- ☐ 2 medium tomatoes coarsely chopped
- ☐ 3 tablespoons vegetable oil

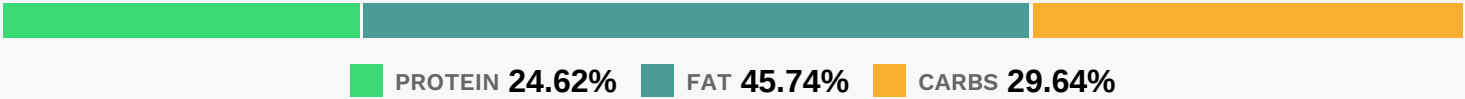
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 47
- ☐ In a large skillet, heat 1/2 tablespoon of the vegetable oil.
- ☐ Add the smoked ham and cook over moderately high heat until browned on the bottom, about 2 minutes. Using a slotted spoon, transfer the ham to a plate.
- ☐ Add 1 1/2 tablespoons of the vegetable oil to the skillet along with the garlic, onions, Scotch bonnet chiles and green bell pepper. Cover and cook over moderately low heat, stirring occasionally, until the vegetables are softened, about 12 minutes. Stir in the paprika and cook over moderately high heat for 1 minute.
- ☐ Add the tomatoes and cook until they release their juices, about 2 minutes. Stir in the ham and season the sofrito with salt and pepper.
- ☐ Meanwhile, wrap the tortillas in aluminum foil and warm them in the oven. In a large cast-iron skillet, heat 1/2 tablespoon of the vegetable oil. Crack 4 of the eggs into the skillet, season with salt and pepper and fry sunny-side up over moderate heat, until the egg whites are set and the egg yolks are still slightly runny, about 3 minutes.
- ☐ Transfer the eggs, yolk side up, to a plate and keep them warm by tenting them with aluminum foil.
- ☐ Add the remaining 1/2 tablespoon of vegetable oil to the skillet and fry the remaining eggs.
- ☐ Set 2 tortillas on each plate. Top with the fried eggs, spoon the sofrito on the side and serve.
- ☐ Notes: Variations: Use the sofrito in cheese quesadillas or on grilled chicken, or toss with roasted new potatoes.

Nutrition Facts



Properties

Glycemic Index:53.88, Glycemic Load:12.4, Inflammation Score:-8, Nutrition Score:24.475651948348%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg

Nutrients (% of daily need)

Calories: 465.84kcal (23.29%), Fat: 24.09g (37.07%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 29.16g (10.6%), Sugar: 6.18g (6.87%), Cholesterol: 406.02mg (135.34%), Sodium: 1227.4mg (53.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.37%), Vitamin C: 53.58mg (64.95%), Phosphorus: 573.64mg (57.36%), Selenium: 34.63µg (49.47%), Vitamin B2: 0.54mg (31.92%), Vitamin A: 1500.27IU (30.01%), Vitamin B6: 0.56mg (28.21%), Vitamin K: 28.32µg (26.97%), Zinc: 3.58mg (23.84%), Fiber: 5.96g (23.83%), Manganese: 0.46mg (22.83%), Magnesium: 90.57mg (22.64%), Iron: 3.94mg (21.91%), Potassium: 762.04mg (21.77%), Copper: 0.43mg (21.31%), Folate: 74.86µg (18.72%), Vitamin E: 2.71mg (18.05%), Vitamin B5: 1.79mg (17.93%), Vitamin B12: 0.89µg (14.83%), Calcium: 135.5mg (13.55%), Vitamin D: 2µg (13.33%), Vitamin B1: 0.17mg (11.44%), Vitamin B3: 1.61mg (8.07%)