



Mexican Baked Eggs



Vegetarian



Gluten Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 19 ounce black beans rinsed drained canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 teaspoon chipotle chili powder
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 tablespoon corn oil
- ☐ 1 teaspoon cumin toasted
- ☐ 4 eggs
- ☐ 2 cloves garlic chopped

- ☐ 0.5 cup cheese such as jack and cheddar grated
- ☐ 2 jalapeño peppers diced
- ☐ 1 small onion diced
- ☐ 1 teaspoon oregano
- ☐ 4 servings salt and pepper to taste

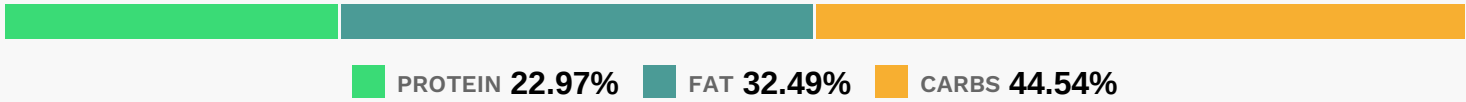
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the garlic, cumin, chipotle chili powder, and jalapeno saute until fragrant, about a minute.
- ☐ Add the tomatoes, black beans, oregano, salt and pepper and bring to a boil.Reduce heat and simmer until the sauce thickens, about 20 minutes.
- ☐ Remove from heat and stir in the cilantro.
- ☐ Place half of the mixture into one or more baking dishes, top with the eggs and spoon the remaining mixture around the eggs.
- ☐ Bake in a preheated 350F oven until the eggs just start to set, about 5–8 minutes.Top with the cheese and broil until it melts, no more than a minute or so.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:4.69, Inflammation Score:-9, Nutrition Score:26.454347797062%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg,

Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 348.7kcal (17.43%), Fat: 13.17g (20.26%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 26.56g (9.66%), Sugar: 10.09g (11.21%), Cholesterol: 176.25mg (58.75%), Sodium: 1130.85mg (49.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.95g (41.91%), Fiber: 14.05g (56.22%), Manganese: 0.8mg (40.01%), Vitamin C: 32.28mg (39.13%), Phosphorus: 373.18mg (37.32%), Iron: 6.71mg (37.29%), Folate: 138.42µg (34.6%), Copper: 0.69mg (34.37%), Potassium: 1147.53mg (32.79%), Vitamin B2: 0.54mg (31.93%), Vitamin B6: 0.55mg (27.3%), Vitamin E: 4.08mg (27.18%), Selenium: 18.99µg (27.12%), Calcium: 267.28mg (26.73%), Magnesium: 103.28mg (25.82%), Vitamin B1: 0.38mg (25.12%), Vitamin A: 1084.8IU (21.7%), Vitamin K: 20.63µg (19.65%), Vitamin B3: 3.54mg (17.71%), Zinc: 2.38mg (15.84%), Vitamin B5: 1.57mg (15.71%), Vitamin B12: 0.51µg (8.48%), Vitamin D: 0.96µg (6.43%)