



Mexican-Style Poached Eggs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 16 ounce beans red rinsed drained canned
- 14.5 ounce canned tomatoes mexican-style undrained canned
- 4 6-inch corn tortillas ()
- 4 large eggs
- 0.3 teaspoon garlic powder
- 2 tablespoons green onions sliced
- 0.3 teaspoon ground cumin
- 0.3 cup no-salt-added salsa

0.3 cup cup heavy whipping cream fat-free sour

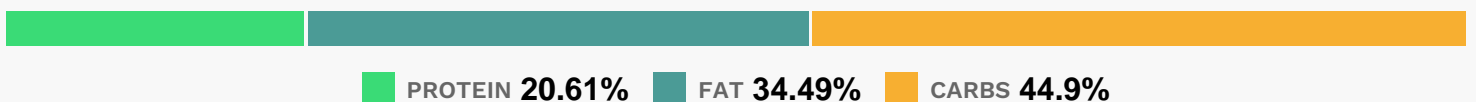
Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- slotted spoon

Directions

- Preheat oven to 47
- Combine first 3 ingredients in a saucepan; cook, uncovered, over medium heat 10 minutes, stirring occasionally.
- Pour water to depth of 2 inches into a large skillet. Bring water to a boil; reduce heat, and simmer. Break 1 egg into a saucer, and slip egg into simmering water, holding saucer as close as possible to water. Repeat with remaining 3 eggs. Simmer eggs 5 minutes or until done; remove from water with a slotted spoon.
- Drain.
- Coat tortillas on both sides with cooking spray.
- Combine garlic powder and cumin; sprinkle on 1 side of tortillas. Stack tortillas, and cut stack into quarters.
- Place tortilla wedges in a single layer on a baking sheet; bake at 475 for 5 minutes or until crisp and golden, turning once.
- Arrange tortilla wedges around edges of 4 individual serving plates, and top evenly with bean mixture. Top each serving with a poached egg. Spoon 1 tablespoon salsa and 1 tablespoon sour cream over each serving.
- Sprinkle with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:12.81, Inflammation Score:-7, Nutrition Score:21.227391367373%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 362.03kcal (18.1%), Fat: 14.52g (22.33%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 32g (11.64%), Sugar: 8.86g (9.84%), Cholesterol: 187.29mg (62.43%), Sodium: 532.46mg (23.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.52g (39.04%), Manganese: 0.86mg (43.2%), Fiber: 10.51g (42.06%), Phosphorus: 403.91mg (40.39%), Selenium: 20.29µg (28.99%), Magnesium: 109.02mg (27.26%), Vitamin B2: 0.43mg (25.32%), Copper: 0.51mg (25.29%), Iron: 4.37mg (24.26%), Potassium: 834.58mg (23.85%), Vitamin B6: 0.47mg (23.31%), Vitamin E: 3.39mg (22.63%), Vitamin B3: 4.39mg (21.94%), Folate: 85.27µg (21.32%), Vitamin B1: 0.27mg (18.33%), Zinc: 2.47mg (16.44%), Vitamin K: 16.51µg (15.73%), Calcium: 146.23mg (14.62%), Vitamin B5: 1.4mg (14.03%), Vitamin C: 10.94mg (13.26%), Vitamin A: 559.62IU (11.19%), Vitamin B12: 0.49µg (8.14%), Vitamin D: 1µg (6.67%)