



Southwest Eggs Benedict

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 servings garnish: cilantro fresh chopped
- ☐ 8 5-inch corn tortillas ()
- ☐ 8 large eggs
- ☐ 4 ounces monterrey jack cheese shredded with peppers
- ☐ 1 cup salsa
- ☐ 8 servings chipotle hollandaise sauce
- ☐ 0.3 cup vegetable oil

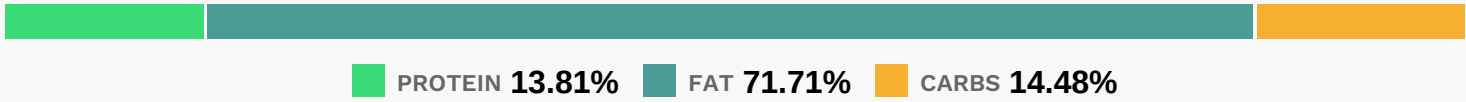
Equipment

☐ frying pan

Directions

- ☐ Fry tortillas in hot oil in a medium skillet 1 to 2 minutes on each side or until crisp. Top each tortilla with a poached egg, Chipotle Hollandaise Sauce, shredded cheese, and salsa.
- ☐ Serve immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:3.22, Inflammation Score:-4, Nutrition Score:9.2217391884845%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 344.41kcal (17.22%), Fat: 27.83g (42.82%), Saturated Fat: 8.03g (50.21%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.02g (4.01%), Sugar: 1.64g (1.82%), Cholesterol: 203.02mg (67.67%), Sodium: 605.52mg (26.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.13%), Selenium: 18.71µg (26.72%), Phosphorus: 224.19mg (22.42%), Vitamin B2: 0.31mg (17.95%), Calcium: 156.28mg (15.63%), Vitamin K: 14.71µg (14.01%), Vitamin A: 542.08IU (10.84%), Vitamin E: 1.56mg (10.43%), Vitamin B6: 0.19mg (9.48%), Vitamin B12: 0.56µg (9.38%), Zinc: 1.35mg (9.01%), Vitamin B5: 0.88mg (8.8%), Iron: 1.32mg (7.33%), Vitamin D: 1.09µg (7.23%), Folate: 28.24µg (7.06%), Magnesium: 26.61mg (6.65%), Fiber: 1.63g (6.51%), Potassium: 195.54mg (5.59%), Manganese: 0.11mg (5.33%), Copper: 0.09mg (4.36%), Vitamin B3: 0.66mg (3.32%), Vitamin B1: 0.05mg (3.27%)