



Speedy Huevos Rancheros

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



566 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 smallish corn tortillas (5 to 6 in.)
- 8 eggs
- 0.3 cup green onions chopped
- 1 cup coarsely jack cheese shredded for sprinkling on beans
- 2 teaspoons mexican oregano dried fresh chopped
- 3 tablespoons parmesan cheese grated
- 30 oz refried beans* with water if you like and warmed up in the microwave canned
- 2 cups salsa red hot store-bought

- 4 servings vegetable oil for frying

Equipment

- frying pan
- sauce pan
- oven
- wooden spoon
- spatula
- tongs

Directions

- Put 4 heavy dinner plates in oven and preheat to 20
- Heat salsa in a small saucepan over low heat, covered.
- Fill a large frying pan with 1/2 in. oil and heat over medium heat until the handle of a wooden spoon bubbles when you stand it in the oil.
- Remove plates from oven. Using tongs, fry each tortilla 2 seconds per side.
- Drain against side of pan, then overlap 2 tortillas on each warm plate. Pop in oven to keep warm.
- Reduce heat to medium low. Cook 4 eggs, gently spooning oil over yolks to set them, 2 minutes for firm whites and runny yolks.
- Spoon about 3 tbsp. warm salsa onto each plate of tortillas. Using a slotted spatula or spoon, transfer 2 eggs to each plate, draining against side of pan first, and top with another 3 tbsp. salsa. Keep warm in oven while frying and plating remaining 4 eggs. (You may have to increase the heat a little for the second batch.)
- Sprinkle eggs with jack cheese, then green onions, cotija, and oregano. Spoon beans alongside and top with jack cheese.
- *If you can spend more time cooking, check out our recipes for Salsa Ranchera, Chorizo Refried Beans, and Mexican Red Rice.

Nutrition Facts



■ PROTEIN 23.68% ■ FAT 36.05% ■ CARBS 40.27%

Properties

Glycemic Index:51.88, Glycemic Load:15.73, Inflammation Score:-8, Nutrition Score:23.898260759271%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 566.19kcal (28.31%), Fat: 22.44g (34.52%), Saturated Fat: 9.46g (59.11%), Carbohydrates: 56.39g (18.8%), Net Carbohydrates: 41.68g (15.16%), Sugar: 11.37g (12.63%), Cholesterol: 355.05mg (118.35%), Sodium: 2454.33mg (106.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.17g (66.34%), Fiber: 14.71g (58.84%), Phosphorus: 532.91mg (53.29%), Selenium: 36.34µg (51.91%), Calcium: 457.64mg (45.76%), Vitamin B2: 0.61mg (35.6%), Vitamin A: 1588.93IU (31.78%), Iron: 4.97mg (27.6%), Vitamin B6: 0.52mg (26.09%), Vitamin K: 24.74µg (23.56%), Zinc: 3.05mg (20.34%), Vitamin E: 3mg (20.01%), Magnesium: 78.04mg (19.51%), Manganese: 0.36mg (17.76%), Vitamin B12: 1.06µg (17.71%), Vitamin B5: 1.75mg (17.5%), Potassium: 597.4mg (17.07%), Folate: 58.54µg (14.63%), Vitamin D: 1.95µg (12.99%), Copper: 0.24mg (12.17%), Vitamin B3: 2.37mg (11.86%), Vitamin B1: 0.14mg (9.25%), Vitamin C: 3.66mg (4.43%)