



Spicy Huevos Rancheros



Vegetarian



Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



258 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 6-inch corn tortillas ()
- ☐ 4 large eggs
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 servings garnishes: fruit fresh
- ☐ 2 ounces monterrey jack cheese shredded with peppers
- ☐ 8 ounce peach salsa
- ☐ 2 tablespoons vegetable oil divided

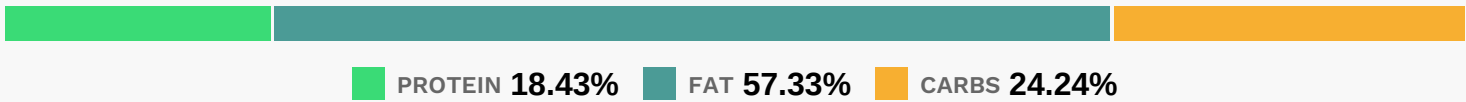
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ aluminum foil

Directions

- ☐ Cook tortillas in 2 batches in 1 tablespoon hot vegetable oil in a large nonstick skillet 2 minutes on each side or just until crisp.
- ☐ Drain on paper towels. Arrange tortillas in an even layer on an aluminum foil-lined baking sheet.
- ☐ Break eggs in remaining 1 tablespoon hot oil in skillet, and cook 2 minutes on each side or to desired degree of doneness.
- ☐ Place 1 egg in center of each tortilla; top each evenly with cheese.
- ☐ Broil 5 1/2 inches from heat 1 minute or until cheese melts.
- ☐ Sprinkle evenly with chopped cilantro. Top with salsa.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:5.06, Inflammation Score:-5, Nutrition Score:10.854782679807%

Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 257.68kcal (12.88%), Fat: 16.7g (25.69%), Saturated Fat: 5.44g (33.99%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 13.22g (4.81%), Sugar: 2.65g (2.94%), Cholesterol: 198.62mg (66.21%), Sodium: 539.83mg (23.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.16%), Selenium: 19.5µg (27.86%), Phosphorus: 261.86mg (26.19%), Vitamin B2: 0.32mg (18.78%), Calcium: 170.88mg (17.09%), Vitamin K: 16.32µg (15.54%), Vitamin A: 671.92IU (13.44%), Vitamin B6: 0.25mg (12.67%), Vitamin E: 1.89mg (12.6%), Fiber: 2.67g (10.67%), Zinc: 1.53mg (10.17%), Vitamin B5: 0.94mg (9.41%), Vitamin B12: 0.56µg (9.38%), Magnesium: 37.13mg (9.28%), Iron: 1.54mg (8.56%), Manganese: 0.17mg (8.28%), Potassium: 276.69mg (7.91%), Folate: 29.81µg (7.45%),

Vitamin D: 1.09µg (7.23%), Copper: 0.12mg (5.91%), Vitamin B3: 1.08mg (5.4%), Vitamin B1: 0.07mg (4.44%), Vitamin C: 1.16mg (1.4%)