



Steak and Eggs Rancheros



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup lentils cooked
- ☐ 4 eggs
- ☐ 8 ounces flank steak
- ☐ 2 slices monterrey jack cheese thin
- ☐ 4 tablespoons salsa divided
- ☐ 0.3 teaspoon salt
- ☐ 4 small frangelico soft

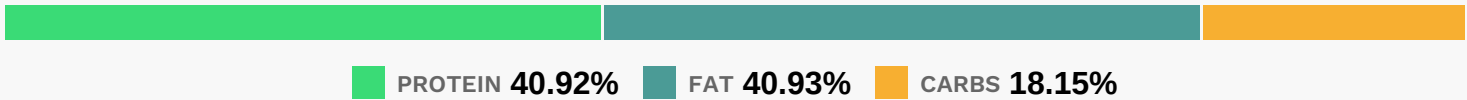
Equipment

- ☐ frying pan
- ☐ cutting board

Directions

- ☐ Heat a skillet over high heat.
- ☐ Sprinkle steak with salt; coat bothsides with cooking spray and place in skillet. Reduce heat to low;cook, turning once or twice, until steak is well browned andcenter is pink, about 15 minutes.
- ☐ Transfer to a cutting board.Carefully wipe skillet; coat with cooking spray. Cook eggs overhigh heat sunny-side up, 3 minutes. Toast tortillas in a toasteroven; transfer 1 tortilla to each of 4 plates. Top each with 1/4 cuplentils, 1/2 slice cheese, 1 tablespoon salsa and 1 egg. Thinly slice steak;divide evenly among plates and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:1.82, Inflammation Score:-5, Nutrition Score:16.365651991056%

Nutrients (% of daily need)

Calories: 254.88kcal (12.74%), Fat: 11.48g (17.66%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 7.26g (2.64%), Sugar: 1.73g (1.93%), Cholesterol: 210.16mg (70.05%), Sodium: 427.82mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.64%), Selenium: 33.79µg (48.28%), Phosphorus: 358.03mg (35.8%), Folate: 120.81µg (30.2%), Vitamin B6: 0.55mg (27.26%), Zinc: 3.82mg (25.47%), Vitamin B3: 4.28mg (21.4%), Vitamin B2: 0.36mg (21.3%), Iron: 3.46mg (19.23%), Vitamin B12: 1.02µg (17.06%), Fiber: 4.2g (16.79%), Calcium: 154.96mg (15.5%), Manganese: 0.28mg (14.15%), Vitamin B5: 1.41mg (14.09%), Potassium: 489.37mg (13.98%), Copper: 0.21mg (10.62%), Magnesium: 41.76mg (10.44%), Vitamin B1: 0.15mg (9.99%), Vitamin A: 426.02IU (8.52%), Vitamin D: 0.96µg (6.43%), Vitamin E: 0.91mg (6.08%), Vitamin K: 2.68µg (2.55%), Vitamin C: 1.05mg (1.27%)