



Texas Style Bacon, Beans and Eggs: Black Bean Chilaquiles

READY IN



85 min.

SERVINGS



4

CALORIES



964 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings avocado diced pitted ripe halved
- ☐ 8 slices smoky bacon lean sliced
- ☐ 1 cup beer (recommended: Negra Modelo)
- ☐ 28 ounce black beans canned
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 1 tablespoon chile powder (a healthy palmful)
- ☐ 1 tablespoon cumin (a scant palmful)
- ☐ 4 eggs any style per person)

- ☐ 12 flour tortillas cut into strips
- ☐ 1 handful cilantro leaves fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 2 jalapeño chiles sliced
- ☐ 4 servings lime cut into wedges
- ☐ 1.5 cups pepper jack cheese shredded hot
- ☐ 1 onion red peeled sliced quartered
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Cut tortillas into strips and spray with cooking spray.
- ☐ Bake 12 to 15 minutes until crisp. Arrange in casserole dish.
- ☐ Heat a skillet over medium-high heat with 1 tablespoon vegetable oil.
- ☐ Add bacon and brown then remove with a slotted spoon. To the skillet, add the onions, Fresno peppers, and garlic and saute a few minutes.
- ☐ Add the beans and season with cumin, chile powder, salt, and pepper, stir in tomatoes, cilantro, and beer. Thicken 1 minute, then adjust seasoning and arrange on top of tortillas, and scatter in bacon bits and cheese.
- ☐ Cool and store for make-ahead meal.
- ☐ Bake in the hot oven until bubbly and hot, top with fried eggs (as soft or hard as you like), diced avocado and lime wedges.

Nutrition Facts

 **PROTEIN 16.3%**  **FAT 42.14%**  **CARBS 41.56%**

Properties

Glycemic Index:82.88, Glycemic Load:17.05, Inflammation Score:-10, Nutrition Score:45.772173653478%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 963.75kcal (48.19%), Fat: 45.25g (69.61%), Saturated Fat: 15.07g (94.19%), Carbohydrates: 100.38g (33.46%), Net Carbohydrates: 74.25g (27%), Sugar: 8.38g (9.31%), Cholesterol: 206.05mg (68.68%), Sodium: 2003.97mg (87.13%), Alcohol: 2.3g (100%), Alcohol %: 0.42% (100%), Protein: 39.39g (78.77%), Fiber: 26.14g (104.54%), Folate: 328.88µg (82.22%), Phosphorus: 770.95mg (77.09%), Selenium: 50.02µg (71.46%), Manganese: 1.26mg (63.21%), Vitamin B2: 1.07mg (62.77%), Calcium: 605.8mg (60.58%), Iron: 10.51mg (58.39%), Vitamin B1: 0.87mg (57.94%), Potassium: 1467.03mg (41.92%), Vitamin K: 41.84µg (39.85%), Vitamin A: 1972.89IU (39.46%), Vitamin B3: 7.78mg (38.88%), Copper: 0.78mg (38.86%), Magnesium: 152.39mg (38.1%), Vitamin C: 30.85mg (37.4%), Vitamin B6: 0.7mg (35.16%), Zinc: 4.58mg (30.54%), Vitamin B5: 2.89mg (28.89%), Vitamin E: 4.24mg (28.27%), Vitamin B12: 0.85µg (14.21%), Vitamin D: 1.13µg (7.56%)