



Tortillas With Eggs and Spicy Bean Chili



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices avocado thin
- ☐ 14 ounces black beans canned
- ☐ 0.5 cup canned tomatoes canned peeled
- ☐ 0.3 cup chicken stock see
- ☐ 0.5 chipotles in adobo
- ☐ 0.1 cup cilantro leaves roughly chopped
- ☐ 2 6-inch corn tortillas (es each)
- ☐ 0.3 cup cotija cheese

- ☐ 2 eggs
- ☐ 1 clove garlic
- ☐ 2 teaspoons ground cumin
- ☐ 2 lime wedges
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 small onion yellow

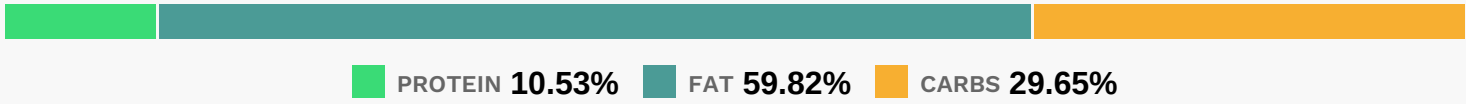
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a blender, puree tomatoes, stock, onion, cumin, garlic and chile until smooth, 1 to 2 minutes. In an 8" nonstick pan over medium-high heat, heat oil.
- ☐ Pour tomato mixture into pan; season with salt and cook until sauce reduces by half, 3 minutes.
- ☐ Add beans and cook, 2 minutes. Break eggs into the tomato mixture so they don't touch sides; reduce heat to medium-low, cover and cook until egg whites are set and yolks are runny, 3 to 5 minutes.
- ☐ Serve on tortillas and top with cheese, avocado and cilantro, plus lime for garnish.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:121.75, Glycemic Load:9.23, Inflammation Score:-10, Nutrition Score:57.638695675394%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg Hesperetin: 7.74mg, Hesperetin: 7.74mg

Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 1153.15kcal (57.66%), Fat: 81.66g (125.63%), Saturated Fat: 14.65g (91.57%), Carbohydrates: 91.07g (30.36%), Net Carbohydrates: 44.5g (16.18%), Sugar: 6.18g (6.86%), Cholesterol: 181.27mg (60.42%), Sodium: 1214.15mg (52.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.67%), Fiber: 46.57g (186.3%), Folate: 514.08µg (128.52%), Vitamin K: 110.13µg (104.89%), Potassium: 3078.64mg (87.96%), Vitamin B6: 1.58mg (78.9%), Vitamin B5: 7.47mg (74.68%), Vitamin C: 61.58mg (74.64%), Vitamin B2: 1.26mg (74%), Vitamin E: 10.74mg (71.62%), Phosphorus: 712.06mg (71.21%), Copper: 1.39mg (69.39%), Manganese: 1.34mg (67.08%), Magnesium: 241.75mg (60.44%), Iron: 9.62mg (53.47%), Vitamin B3: 10.52mg (52.6%), Vitamin B1: 0.71mg (47.02%), Zinc: 5.6mg (37.35%), Selenium: 23.4µg (33.43%), Calcium: 309.61mg (30.96%), Vitamin A: 1138.14IU (22.76%), Vitamin B12: 0.71µg (11.81%), Vitamin D: 0.95µg (6.37%)