



WHATSheATE



Traditional Colombian Breakfast (Calentado)



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



4 cups rice white cooked



4 fried eggs sunny side up with tomato and onions



4 cups pinto beans cooked

Equipment

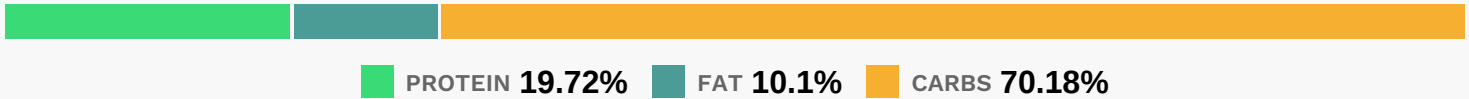


sauce pan

Directions

- ☐
- Place the hogao, beans and rice in a large saucepan, mix well ensuring that the rice and beans are coated by the hogao. Cook over medium heat for about 15 minutes or until the mixture is warm, stirring occasionally. To serve, divide the bean and rice mixture equally on serving plates.
- ☐
- Place the chorizo and arepa around the beans.
- ☐
- Place the egg on top of the beans and rice mixture.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:54.75, Inflammation Score:-7, Nutrition Score:25.433912883634%

Nutrients (% of daily need)

Calories: 512.85kcal (25.64%), Fat: 5.74g (8.83%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 89.66g (29.89%), Net Carbohydrates: 73.64g (26.78%), Sugar: 0.82g (0.91%), Cholesterol: 163.68mg (54.56%), Sodium: 65.77mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.4%), Folate: 319.54µg (79.89%), Manganese: 1.53mg (76.64%), Fiber: 16.02g (64.09%), Selenium: 35.96µg (51.37%), Phosphorus: 406.43mg (40.64%), Vitamin B6: 0.61mg (30.67%), Magnesium: 109.74mg (27.43%), Iron: 4.66mg (25.89%), Copper: 0.52mg (25.76%), Vitamin B1: 0.38mg (25.28%), Potassium: 861.58mg (24.62%), Zinc: 3.02mg (20.12%), Vitamin B2: 0.33mg (19.27%), Vitamin B5: 1.65mg (16.5%), Vitamin E: 2.13mg (14.22%), Calcium: 119.1mg (11.91%), Vitamin B12: 0.39µg (6.53%), Vitamin B3: 1.21mg (6.04%), Vitamin D: 0.88µg (5.87%), Vitamin K: 6.12µg (5.83%), Vitamin A: 237.6IU (4.75%), Vitamin C: 1.37mg (1.66%)