



A Nutrition Resource

HUEVOS RANCHEROS

Yield: 2 Servings | Serving Size: 2 tortillas with toppings

Cost/serving: \$1.18

Ingredients:

- 4 corn tortillas
- 1/2 of a 16-ounce can low sodium refried beans (or refried black beans) *
- 3 eggs
- 1/4 cup grated cheese, cheddar or Jack
- 4 Tablespoons salsa

Directions:

- 1) Place a tortilla in a frying pan on medium heat to soften. Turn over to heat both sides. Keep tortilla warm in 200°F oven. Repeat with remaining tortillas.
- 2) Heat beans in a small saucepan or in the microwave. Be sure to cover beans when heating in the microwave to prevent splatter.
- 3) Cook eggs according to taste. Generally, eggs "over easy" are used, but scrambled eggs work just as well.
- 4) Place two warm tortillas on each plate. Top with the beans and a sprinkle with grated cheese. Place eggs on top of cheese. Top with salsa.

*To reduce the fat in the recipe, choose "no fat" or "low fat" refried beans.

Nutrition Facts

2 servings per container
Serving size 2 tortillas with toppings (263g)

Amount per serving	
Calories 340	
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 260mg	87%
Sodium 580mg	25%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 1mcg	6%
Calcium 170mg	15%
Iron 3mg	15%
Potassium 464mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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