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Loaded Huevos Rancheros Tacos ♦♦

Loaded Huevos Rancheros Tacos are a delicious and hearty breakfast option. Originating from Mexican cuisine, these tacos are made with crispy tortillas, refried beans, scrambled eggs, salsa, avocado, cheese, and cilantro. They are a perfect combination of flavors and textures, and can be enjoyed any time of the day.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Tortillas
200 g	refried beans
8 pieces	Eggs
100 g	salsa

150 g	Avocado
100 g	cheese
20 g	Cilantro

Directions

Step 1

Stove

Heat a skillet over medium heat and warm the tortillas until they are soft and pliable.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

In a separate skillet, heat the refried beans until they are hot and creamy.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stove

In a bowl, scramble the eggs and cook them in a skillet until they are fluffy and fully cooked.

Prep Time: 3 mins

Cook Time: 5 mins

Step 4

Assemble the tacos by spreading a layer of refried beans on each tortilla, followed by a scoop of scrambled eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Top the tacos with salsa, sliced avocado, shredded cheese, and chopped cilantro.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	20 g	71.43%	80%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	8 mcg	53.33%	53.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring

Meal Type

Breakfast

Lunch

Brunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

Course

Salads

Snacks

Cultural

Chinese New Year

Ramadan

Halloween

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Difficulty Level

Medium

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