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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%

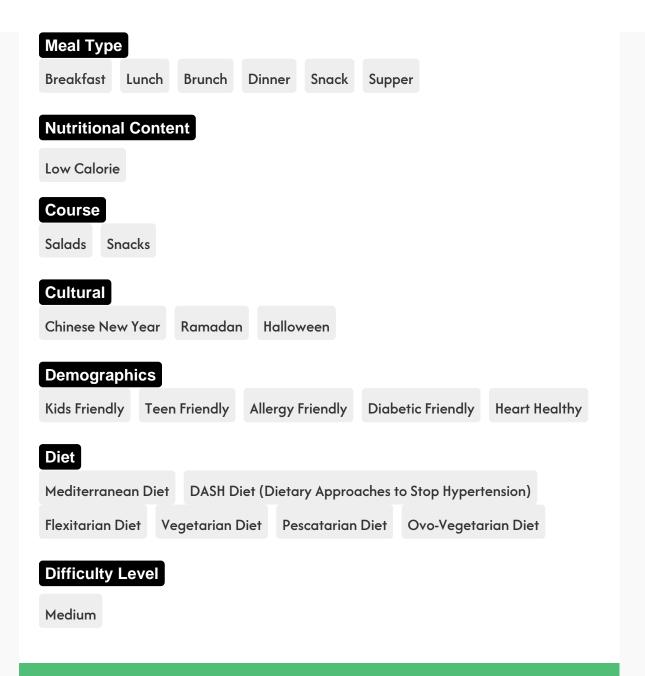
Minerals

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



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