



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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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.