



Eggs Mexicali



Ingredients



- 2 cups salsa
- 2 cups cooked or canned pinto beans
- 6 eggs
- 6 Tbsp grated cheddar cheese



Directions



1. Heat salsa and beans in medium skillet over medium heat until the sauce boils
2. Crack eggs one at a time into a bowl and carefully pour into the bubbly sauce
3. Cover the pan with a lid, reduce heat to medium-low and cook until the eggs are firm, about 4 to 6 minutes
4. Sprinkle with grated cheese. Cover pan until cheese melts



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Fast Facts



This Recipe Provides



Protein



Fiber



Iron

Cooking Tips



- Add extra vegetables you like to this dish, such as onions, broccoli, or peppers.

Nutrition Facts



Nutrition Facts

Serving Size (185g)
Servings Per Container 6

Amount Per Serving		Calories from Fat 175	
		% Daily Value*	
Calories	377		
Total Fat	19.4g	30%	
Saturated Fat	6g	30%	
Trans Fat	-1g		
Cholesterol	24mg	8%	
Potassium	420mg	12%	
Sodium	592mg	25%	
Total Carbohydrate	38.7g	13%	
Dietary Fiber	3.7g	15%	
Sugars	5.8g		
Protein	14.2g	28%	
Vitamin A	104%	Vitamin C	20%
Calcium	25%	Iron	13%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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