

## Heuvos Rancheros

Prep Time = 15 min	Cook Time = 15 min	Total Time = 30 min	Servings = 1
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### Ingredients:

2 large whole eggs from free range chickens  
6 ounces of black beans  
1 small avocado sliced  
1 small can of green chili peppers  
1/4 cup of cheese from grass-fed cows  
1 handful of fresh cilantro leaves  
1 teaspoon of butter from grass-fed cows  
1/2 of a small tomato  
2 teaspoons of fresh salsa  
1 lime squeezed for juice  
sea salt to taste  
black pepper to taste  
small dabs of sour cream from grass-fed cows

### Directions:

1. Get your skillet out and heat to medium. Melt the teaspoon of butter in your skillet.
2. Fry both of your whole eggs from pasture raised chicken sunny side up.
3. While you are frying your eggs in one skillet, get a pan out and make your mixture of black beans and green chili peppers. Heat this mixture until it is warm to hot.
4. Put your bean and pepper mixture on the bottom of your plate and follow that with your fried eggs. Then add all of your other ingredients.
5. Be sure to place your cheese on top of your eggs as they are warm so the cheese will melt nicely over the eggs.
6. Add the slices of avocado, fresh cilantro, slices of tomato, and 2 teaspoons of salsa.
7. Add the lime juice, fresh salsa, salt, and pepper to the top. Place the small dabs of sour cream last. You might want to get the sour cream out early and let it warm up since it will be cold from the refrigerator.
8. Take your time eating this meal and enjoy! This will become a favorite as it will lead to an amazing body and will help you feel amazing throughout the morning.

<b>Nutrition Facts</b>	
Serving Size 611 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 782	Calories from Fat 392
<b>% Daily Value*</b>	
<b>Total Fat</b> 45g	69%
Saturated Fat 16g	82%
Trans Fat	
<b>Cholesterol</b> 464mg	155%
<b>Sodium</b> 629mg	26%
<b>Total Carbohydrate</b> 62g	21%
Dietary Fiber 25g	99%
Sugars 6g	
<b>Protein</b> 39g	
Vitamin A 53% • Vitamin C 101%	
Calcium 35% • Iron 40%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
<b>NutritionData.com</b>	

**Vitamins**

Amounts Per Selected Serving		%DV
Vitamin A	2653 IU	53%
Vitamin C	60.4 mg	101%
Vitamin D	~37.4 IU	~9%
Vitamin E (Alpha Tocopherol)	~5.6 mg	~28%
Vitamin K	~19.1 mcg	~24%
Thiamin	0.6 mg	38%
Riboflavin	0.8 mg	48%
Niacin	2.9 mg	14%
Vitamin B6	0.5 mg	27%
Folate	400 mcg	100%
Vitamin B12	1.5 mcg	26%
Pantothenic Acid	~3.6 mg	~36%
Choline	~260 mg	
Betaine	~1.0 mg	

**Minerals**

Amounts Per Selected Serving		%DV
Calcium	350 mg	35%
Iron	7.2 mg	40%
Magnesium	189 mg	47%
Phosphorus	675 mg	67%
Potassium	1601 mg	46%
Sodium	629 mg	26%
Zinc	4.7 mg	31%
Copper	~1.0 mg	~51%
Manganese	~1.0 mg	~50%
Selenium	~38.1 mcg	~54%
Fluoride	~14.3 mcg	

**Calorie Information**

Amounts Per Selected Serving		%DV
Calories	782 (3274 kJ)	39%
From Carbohydrate	241 (1009 kJ)	
From Fat	392 (1641 kJ)	
From Protein	148 (620 kJ)	
From Alcohol	~0.0 (0.0 kJ)	

**Protein & Amino Acids**

Amounts Per Selected Serving		%DV
Protein	39.5 g	79%

**Carbohydrates**

Amounts Per Selected Serving		%DV
Total Carbohydrate	62.3 g	21%
Dietary Fiber	24.8 g	99%
Starch	~0.0 g	
Sugars	~5.6 g	

**Fats & Fatty Acids**

Amounts Per Selected Serving		%DV
Total Fat	45.1 g	69%
Saturated Fat	16.4 g	82%
Monounsaturated Fat	18.3 g	
Polyunsaturated Fat	6.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~604 mg	
Total Omega-6 fatty acids	5223 mg	

**Your Notes:**