



A Nutrition Resource

EGGS MEXICALI

Yield: 6 Servings | Serving Size: 1 egg and 1/2 cup bean mixture
Cost/Serving: \$1.04

Ingredients:

2 cups salsa
2 cups cooked or canned pinto beans, drained and rinsed
6 eggs
6 Tablespoons grated cheese
Cooked rice or tortillas

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 4-6 minutes).
- 4) Sprinkle with grated cheese. Cover pan until cheese melts.
- 5) Serve with rice and tortillas.
- 6) Refrigerate leftovers.

Variations: Substitute black beans or kidney beans for pinto beans. Try brown rice or whole wheat tortillas.

This recipe is used with permission of Colorado State University Extension's Eating Smart Being Active program.

Nutrition Facts

6 servings per container

Serving size 1 egg, 1/2 cup beans (126g)

Amount Per Serving
Calories 160

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 870mg	38%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 1mcg	4%
Calcium 149mg	10%
Iron 2mg	10%
Potassium 441mg	10%

*The % Daily Value (DV) 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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