

# Mexican Eggs Benedict

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-mexican-eggs-pinto-beans>

## Ingredients:

- 1 butternut squash
- 1 tablespoon olive oil
- 1 large avocado smashed with a fork
- 170 grams ground chorizo approx. 5 chorizo sausage, removed from their casings
- 4 large eggs
- 1 teaspoon white vinegar
- 1 jalapeno sliced
- 1 tablespoon chopped cilantro
- 2 egg yolks
- 1/4 teaspoon salt
- 1 tablespoon lime juice
- 1 tablespoon chipotle pepper in adobo chopped, or 1 tsp chipotle powder
- 1/4 cup melted butter Or ghee for Paleo/Whole30

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 345 milligrams
4. Fat: 31 grams
5. Fiber: 6 grams
6. Protein: 10 grams
7. SaturatedFat: 11 grams
8. Sodium: 1080 milligrams
9. Sugar: 4 grams

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