



Black Bean and Corn Enchilada Egg Bake

 Gluten Free

READY IN



330 min.

SERVINGS



12

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed drained canned
- 10.8 oz condensed cream of cheddar cheese soup canned
- 11 oz corn kernels whole with red and green peppers, drained canned
- 10 6-inch corn tortillas ()
- 1 teaspoon cumin
- 6 eggs
- 3 sprigs cilantro leaves fresh
- 2 cups milk

- 0.5 bell pepper red
- 0.5 cup cheddar cheese shredded

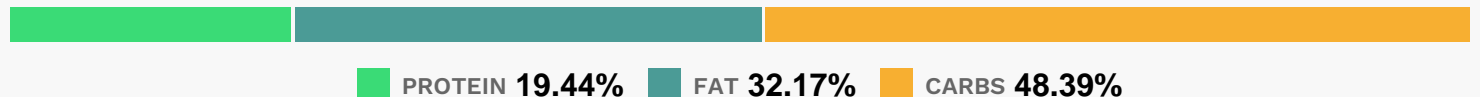
Equipment

- bowl
- oven
- baking pan

Directions

- Grease 13x9-inch (3-quart) baking dish. Arrange 6 tortillas on bottom of greased baking dish, overlapping. Spoon beans and corn evenly over tortillas. Spoon cheese soup evenly over vegetables.
- Cut remaining 4 tortillas into 1-inch strips; arrange over top.
- In large bowl, combine eggs, milk and cumin; beat until well blended.
- Pour over tortilla strips. Cover tightly; refrigerate 4 hours or overnight.
- Heat oven to 325F. Uncover; sprinkle with cheese.
- Bake uncovered for 55 to 60 minutes or until eggs are set.
- Let stand 5 minutes before serving.
- To garnish, cut five 1-inch-long poinsettia-petal shapes from bell pepper; arrange in center of dish to resemble poinsettia flower. Tuck 2 or 3 sprigs of cilantro between petals. Or, chop bell pepper and cilantro; sprinkle over top.
- To serve, cut into squares. If desired, top with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:5.01, Inflammation Score:-5, Nutrition Score:9.5639130758203%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 194.58kcal (9.73%), Fat: 7.11g (10.94%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 19.4g (7.05%), Sugar: 4.02g (4.47%), Cholesterol: 92.44mg (30.81%), Sodium: 410.4mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Phosphorus: 226.84mg (22.68%), Fiber: 4.67g (18.68%), Vitamin B2: 0.26mg (15.46%), Selenium: 10.82µg (15.45%), Calcium: 136.76mg (13.68%), Potassium: 409.86mg (11.71%), Folate: 46.29µg (11.57%), Vitamin A: 542.6IU (10.85%), Magnesium: 41.52mg (10.38%), Manganese: 0.2mg (10.23%), Vitamin C: 7.88mg (9.55%), Iron: 1.54mg (8.58%), Zinc: 1.2mg (8.03%), Vitamin B6: 0.16mg (7.9%), Vitamin B1: 0.12mg (7.78%), Vitamin B12: 0.47µg (7.76%), Vitamin B5: 0.71mg (7.08%), Copper: 0.13mg (6.57%), Vitamin D: 0.92µg (6.1%), Vitamin B3: 0.93mg (4.64%), Vitamin E: 0.47mg (3.12%), Vitamin K: 2.28µg (2.17%)