

Breakfast Casserole

READY IN



40 min.

SERVINGS



8

CALORIES



1333 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 3 to 4 avocados ripe
- 5 cups day old biscuits
- 14 ounces chiles diced
- 18 eggs
- 2.5 cups mexican cheese blend shredded white
- 1.5 cups milk
- 0.5 cup bell peppers red chopped
- 2 cups broken tortilla chips blue

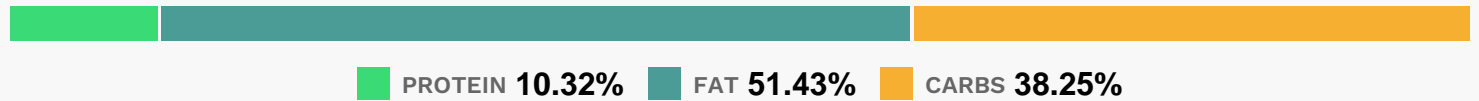
Equipment

- oven
- dutch oven

Directions

- Preheat 10-inch Dutch oven on open fire. Meanwhile, soak chips in 1/2 cup of milk. This will be your bottom crust. Soak biscuits with remaining ingredients, add extra milk if needed for a wet consistency. Salt and pepper, to your taste.
- Remove oven from the fire, put chips in first then add the biscuit mixture. Return Dutch oven to the fire. Be careful when putting coals on top and bottom. Cook for 20 to 30 minutes or until slightly firm.
- Serve with cactus sauce.
- Puree all ingredients together and refrigerate.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:62.26, Inflammation Score:-9, Nutrition Score:42.573913325434%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1332.92kcal (66.65%), Fat: 76.87g (118.27%), Saturated Fat: 24.32g (151.98%), Carbohydrates: 128.66g (42.89%), Net Carbohydrates: 119.19g (43.34%), Sugar: 38.68g (42.98%), Cholesterol: 407.02mg (135.67%), Sodium: 996.8mg (43.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Vitamin C: 90.75mg (110%), Vitamin B2: 1.26mg (74.11%), Selenium: 47.5µg (67.86%), Folate: 251.05µg (62.76%), Phosphorus: 620.76mg (62.08%), Vitamin E: 7.82mg (52.15%), Vitamin B1: 0.73mg (48.45%), Vitamin K: 46.81µg (44.58%), Manganese: 0.88mg (44.02%), Iron: 7.75mg (43.04%), Vitamin B6: 0.85mg (42.29%), Calcium: 408.7mg (40.87%), Fiber: 9.46g

(37.86%), Vitamin B5: 3.74mg (37.39%), Vitamin A: 1841.32IU (36.83%), Vitamin B3: 7.27mg (36.37%), Zinc: 4.27mg (28.49%), Potassium: 962.41mg (27.5%), Magnesium: 105.36mg (26.34%), Vitamin B12: 1.56µg (25.98%), Copper: 0.45mg (22.51%), Vitamin D: 2.66µg (17.72%)