



## Breakfast Tortilla Strata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 cup black beans canned rinsed drained
- 10 6-inch corn tortillas cut into 1-inch strips ()
- 2 large egg whites
- 2 large eggs
- 1 cup milk fat-free
- 0.3 cup green onions thinly sliced
- 1 cup cup heavy whipping cream sour low-fat
- 4 ounces monterrey jack cheese divided reduced-fat

- 1 cup bottled salsa
- 0.5 teaspoon salt

## Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- Combine salsa and beans in a bowl.
- Place one-third of tortilla strips in an 11 x 7-inch baking dish coated with cooking spray. Top with 1/3 cup cheese and about 1 cup salsa mixture. Repeat procedure with one-third of tortilla strips, 1/3 cup cheese, and remaining salsa mixture; top with remaining tortilla strips.
- Combine sour cream and next 4 ingredients (sour cream through egg whites); stir with a whisk. Stir in onions.
- Pour over tortilla strips; sprinkle with 1/3 cup cheese. Cover and chill 8 hours or overnight.
- Preheat oven to 35
- Remove dish from refrigerator.
- Let stand at room temperature 10 minutes. Cover and bake at 350 for 20 minutes. Uncover and bake an additional 15 minutes or until lightly browned.

## Nutrition Facts



**PROTEIN 20.28%** **FAT 37.6%** **CARBS 42.12%**

## Properties

Glycemic Index:23.79, Glycemic Load:9.14, Inflammation Score:-6, Nutrition Score:13.577825992004%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 300.52kcal (15.03%), Fat: 12.83g (19.75%), Saturated Fat: 6.91g (43.19%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 26.75g (9.73%), Sugar: 4.51g (5.01%), Cholesterol: 93.46mg (31.15%), Sodium: 812.19mg (35.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.14%), Phosphorus: 371.91mg (37.19%), Calcium: 319.43mg (31.94%), Fiber: 5.6g (22.39%), Vitamin B2: 0.38mg (22.2%), Selenium: 15.49µg (22.13%), Magnesium: 65.62mg (16.4%), Potassium: 497.93mg (14.23%), Vitamin A: 695.93IU (13.92%), Manganese: 0.27mg (13.67%), Zinc: 1.99mg (13.24%), Vitamin B6: 0.26mg (13.23%), Vitamin B12: 0.71µg (11.88%), Vitamin K: 11.16µg (10.63%), Folate: 40.76µg (10.19%), Iron: 1.79mg (9.92%), Vitamin B1: 0.15mg (9.76%), Copper: 0.18mg (9.05%), Vitamin B3: 1.45mg (7.26%), Vitamin E: 1.01mg (6.75%), Vitamin B5: 0.65mg (6.53%), Vitamin D: 0.97µg (6.48%), Vitamin C: 2.73mg (3.3%)