



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 skim milk fat-free
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 1 cup cream sour low-fat
- ☐ 4 ounces monterrey jack cheese divided reduced-fat

- ☐ 1 cup salsa
- ☐ 0.5 teaspoon salt

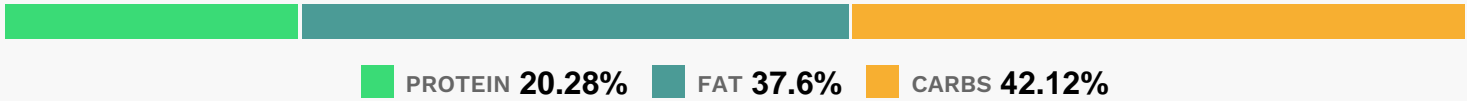
Equipment

- ☐ 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



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%)