



Brunch Enchiladas

READY IN



535 min.

SERVINGS



5

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups finely-chopped ham cooked finely chopped
- 1 cup bell pepper red finely chopped
- 0.5 cup spring onion sliced (8 medium)
- 8 oz cheddar cheese shredded
- 11 oz flour tortilla for burritos (8 count)
- 6 eggs
- 1 tablespoon flour all-purpose
- 0.5 teaspoon salt
- 1 serving hot sauce red

2 cups frangelico

Equipment

bowl

oven

baking pan

glass baking pan

Directions

Lightly spray 13x9-inch (3-quart) glass baking dish with cooking spray.

In large bowl, stir together ham, bell pepper, green onions and 1 cup of the cheese.

Place 1/3 cup ham mixture down center of each tortilla; roll up and place seam side down in baking dish.

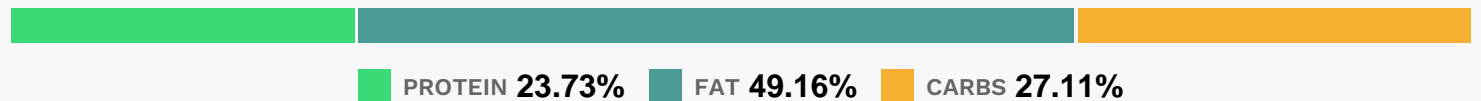
In another large bowl, beat eggs, half-and-half, flour and salt.

Pour over tortillas. Cover; refrigerate 8 hours or overnight.

To serve, heat oven to 350°F. Uncover dish; sprinkle remaining 1 cup cheese over top. Cover baking dish; bake 25 minutes. Uncover; bake 10 minutes longer or until set and cheese is melted.

Serve with red pepper sauce on the side.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:11.39, Inflammation Score:-9, Nutrition Score:27.593043493188%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 535.18kcal (26.76%), Fat: 28.99g (44.61%), Saturated Fat: 12.97g (81.09%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 32.86g (11.95%), Sugar: 4.15g (4.61%), Cholesterol: 274.77mg (91.59%), Sodium: 1588.62mg (69.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.48g (62.97%), Selenium: 52.5µg (75%), Vitamin C: 50.57mg (61.3%), Phosphorus: 585.82mg (58.58%), Calcium: 453.69mg (45.37%), Vitamin B2: 0.77mg (45.03%), Vitamin B1: 0.62mg (41.39%), Vitamin A: 1772.39IU (35.45%), Folate: 117.18µg (29.29%), Vitamin K: 27.9µg (26.57%), Vitamin B12: 1.59µg (26.47%), Zinc: 3.81mg (25.39%), Vitamin B3: 4.86mg (24.29%), Iron: 3.99mg (22.18%), Manganese: 0.41mg (20.44%), Vitamin B6: 0.37mg (18.35%), Vitamin B5: 1.6mg (16.02%), Fiber: 3.1g (12.44%), Magnesium: 47.71mg (11.93%), Potassium: 404.92mg (11.57%), Vitamin E: 1.42mg (9.48%), Copper: 0.19mg (9.25%), Vitamin D: 1.33µg (8.85%)