



WHATSheATE

Brunch Enchiladas

READY IN



535 min.

SERVINGS



5

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups finely-chopped ham cooked finely chopped
- ☐ 6 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 10 8-inch flour tortilla for burritos (; from two 11-oz packages)
- ☐ 0.5 cup spring onion sliced (8 medium)
- ☐ 2 cups half and half
- ☐ 5 servings hot sauce red
- ☐ 1 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salt

☐ 8 oz cheddar cheese shredded

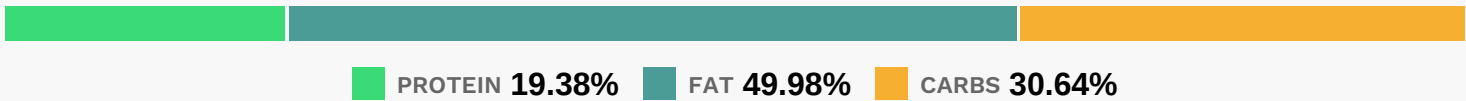
Equipment

- ☐ 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 350F. 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:17.57, Inflammation Score:-9, Nutrition Score:34.815217640089%

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: 783.26kcal (39.16%), Fat: 43.29g (66.6%), Saturated Fat: 20.94g (130.86%), Carbohydrates: 59.71g (19.9%), Net Carbohydrates: 55.22g (20.08%), Sugar: 9.62g (10.69%), Cholesterol: 308.65mg (102.88%), Sodium: 1941.47mg (84.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.76g (75.53%), Selenium: 64.44µg (92.05%), Phosphorus: 759.43mg (75.94%), Vitamin B2: 1.07mg (62.66%), Vitamin C: 51.5mg (62.43%), Calcium: 615.13mg (61.51%), Vitamin B1: 0.85mg (56.62%), Vitamin A: 2115.19IU (42.3%), Folate: 157.34µg (39.34%), Vitamin B3: 6.72mg (33.58%), Vitamin K: 32.02µg (30.49%), Iron: 5.48mg (30.44%), Manganese: 0.61mg (30.28%), Vitamin B12: 1.77µg (29.53%), Zinc: 4.4mg (29.31%), Vitamin B6: 0.44mg (21.95%), Vitamin B5: 1.95mg (19.47%), Fiber: 4.5g (17.99%), Potassium: 582.35mg (16.64%), Magnesium: 66.11mg (16.53%), Copper: 0.23mg (11.75%), Vitamin E: 1.66mg (11.09%), Vitamin D: 1.33µg (8.85%)