



Cheese 'n' Chile Casserole

READY IN



78 min.

SERVINGS



16

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon butter cut into small pieces
- ☐ 4.5 ounce chilis green drained chopped canned
- ☐ 12 ounce curd cottage cheese
- ☐ 16 ounce cream cheese cubed
- ☐ 9 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 24 ounce monterrey jack cheese cubed
- ☐ 2 ounce pimientos diced drained

☐ 0.8 teaspoon salt

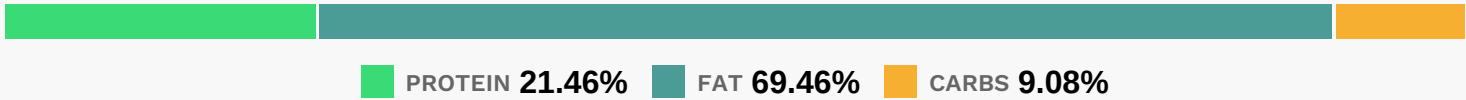
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk together eggs and salt in a large bowl; add cheeses and butter.
- ☐ Whisk flour and baking powder into cheese mixture.
- ☐ Add green chiles and pimiento.
- ☐ Pour into a lightly greased 13" x 9" baking dish.
- ☐ Bake, uncovered, at 350 for 45 minutes or until set.
- ☐ Let stand 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:4.09, Inflammation Score:-6, Nutrition Score:10.961304312167%

Nutrients (% of daily need)

Calories: 349.38kcal (17.47%), Fat: 27.02g (41.57%), Saturated Fat: 15.25g (95.34%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 7.57g (2.75%), Sugar: 2.08g (2.32%), Cholesterol: 174.72mg (58.24%), Sodium: 640.46mg (27.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.57%), Calcium: 404.49mg (40.45%), Phosphorus: 325mg (32.5%), Selenium: 21.32µg (30.46%), Vitamin B2: 0.43mg (25.21%), Vitamin A: 1024.82IU (20.5%), Zinc: 1.92mg (12.81%), Vitamin B12: 0.76µg (12.63%), Folate: 41.26µg (10.32%), Vitamin B5: 0.83mg (8.34%), Vitamin C: 6.41mg (7.77%), Iron: 1.34mg (7.43%), Vitamin B6: 0.13mg (6.43%), Vitamin D: 0.84µg (5.59%), Magnesium: 21.1mg (5.27%), Vitamin B1: 0.08mg (5.17%), Vitamin E: 0.73mg (4.85%), Potassium: 155.37mg (4.44%), Manganese: 0.06mg (2.98%), Copper: 0.06mg (2.79%), Vitamin B3: 0.53mg (2.65%), Vitamin K: 2.12µg (2.02%), Fiber: 0.38g (1.5%)