



Cheesy Vegetable Tortilla Bake

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz four cheese shredded mexican style divided kraft finely
- 9 6-inch corn tortillas cut in half ()
- 0.8 cup knudsen cream sour
- 6 eggs beaten
- 6 oz oscar mayer baked ham cooked chopped
- 1 Tbsp oil
- 1 onion chopped
- 1 bell pepper green red chopped

0.5 cup taco bellâ® & chunky salsa thick

Equipment

frying pan

oven

whisk

baking pan

Directions

Heat oven to 350F.

Heat oil in medium skillet on medium heat.

Add ham, peppers and onions; cook 5 to 7 min. or until vegetables are crisp-tender.

Remove from heat. Stir in salsa. Beat eggs and sour cream with whisk until blended.

Arrange 6 tortilla halves on bottom of 13x9-inch baking dish sprayed with cooking spray.

Spread half the vegetable mixture over tortillas; cover with half the egg mixture and 1/2 cup cheese. Repeat all layers starting with tortillas. Top with remaining tortillas.

Let stand 5 min.

Bake 25 min. Top with remaining cheese; bake 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:2.54, Glycemic Load:1.1, Inflammation Score:-1, Nutrition Score:2.3900000193845%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 62.16kcal (3.11%), Fat: 4.12g (6.34%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.74g (1%), Sugar: 0.49g (0.55%), Cholesterol: 31.47mg (10.49%), Sodium: 108.82mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Selenium: 4.58µg (6.55%), Phosphorus: 64.19mg (6.42%), Calcium: 48.9mg (4.89%), Vitamin B2: 0.07mg (4.09%), Zinc: 0.44mg (2.95%), Vitamin C: 2.4mg (2.9%), Vitamin B6: 0.05mg (2.74%), Vitamin A: 129.87IU (2.6%), Vitamin B1: 0.04mg (2.39%), Vitamin B12: 0.14µg (2.3%), Magnesium: 7.85mg (1.96%), Fiber: 0.47g (1.86%), Vitamin E: 0.24mg (1.61%), Vitamin B5: 0.16mg (1.58%), Vitamin B3: 0.31mg (1.53%), Potassium: 52.9mg (1.51%), Manganese: 0.03mg (1.48%), Folate: 5.26µg (1.32%), Iron: 0.24mg (1.31%), Vitamin D: 0.17µg (1.16%), Copper: 0.02mg (1.11%)