



Chilaquiles El Rancho Merlita

 Vegetarian  Gluten Free

READY IN



545 min.

SERVINGS



5

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz chiles green undrained chopped canned
- 8 6-inch corn tortillas cut into 1-inch pieces ()
- 16 oz knudsen cottage cheese
- 8 eggs
- 0.5 cup cilantro leaves fresh chopped
- 2 green onions thinly sliced
- 1 cup milk
- 8 oz cheddar cheese shredded kraft

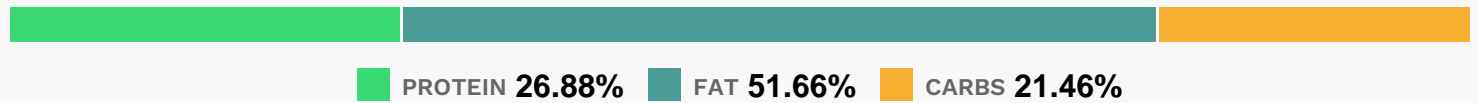
Equipment

- bowl
- oven
- whisk

Directions

- Whisk eggs and milk in large bowl until blended.
- Add remaining ingredients; mix well.
- Pour into 2 (9-inch) pie plates sprayed with cooking spray.
- Refrigerate at least 8 hours or overnight.
- Heat oven to 350F.
- Bake chilaquiles, uncovered, 50 min. or until puffed and golden brown.

Nutrition Facts



Properties

Glycemic Index:41.3, Glycemic Load:10.12, Inflammation Score:-7, Nutrition Score:21.965652134108%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 501.28kcal (25.06%), Fat: 28.84g (44.38%), Saturated Fat: 13.58g (84.86%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 23.79g (8.65%), Sugar: 5.67g (6.3%), Cholesterol: 328.53mg (109.51%), Sodium: 811.19mg (35.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.53%), Phosphorus: 676.33mg (67.63%), Selenium: 46.83µg (66.89%), Calcium: 541.82mg (54.18%), Vitamin B2: 0.78mg (45.72%), Vitamin B12: 1.76µg (29.35%), Zinc: 3.73mg (24.85%), Vitamin A: 1225.95IU (24.52%), Vitamin B5: 2.03mg (20.31%), Folate: 71.89µg (17.97%), Vitamin B6: 0.35mg (17.31%), Magnesium: 66.04mg (16.51%), Vitamin K: 16.34µg (15.56%), Vitamin D: 2.31µg (15.38%), Fiber: 3.18g (12.7%), Iron: 2.28mg (12.67%), Potassium: 424.21mg (12.12%), Vitamin C: 9.09mg (11.02%), Vitamin B1: 0.14mg (9.21%), Vitamin E: 1.36mg (9.06%), Manganese: 0.18mg (8.91%), Copper: 0.16mg (8.21%), Vitamin B3: 1.03mg (5.13%)