



Chile Cheese Casserole

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 teaspoon ancho chili powder
- 4 cups baked tortilla chips
- 0.1 teaspoon pepper black freshly ground
- 4 ounce mild chiles green chopped canned
- 1 tablespoon cilantro leaves fresh whole chopped for garnish
- 6 egg whites
- 4 large eggs
- 6 servings cup heavy whipping cream sour reduced-fat

- 0.5 cup pepper jack cheese shredded
- 0.5 cup salsa verde green prepared
- 0.5 cup sharp cheddar cheese shredded
- 0.3 cup skim milk

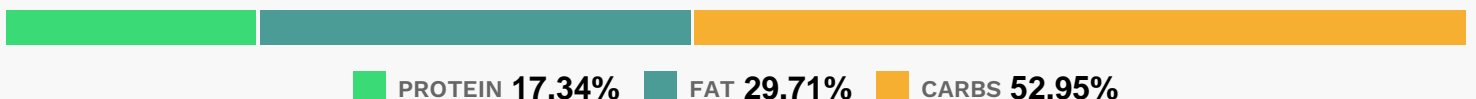
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 375 degrees F. Lightly coat a rectangular 2-quart baking dish with nonstick cooking spray. Coarsely crush the chips by hand and spread half of them into the bottom of the baking dish.
- Whisk the egg whites, eggs, milk, ancho powder, and pepper in a large bowl until well combined. Stir in the chopped chiles, chopped cilantro, and 1/4 cup each of the Cheddar and pepper jack cheeses; pour into the pan.
- Sprinkle the remaining chips over the egg mixture.
- Bake until the casserole is set around the edges but a little loose in the center, 20 to 25 minutes.
- Sprinkle with the remaining 1/4 cup of each cheese and continue to bake until the cheeses are melted and the casserole is set in the center, about 10 minutes.
- Let stand 10 minutes.
- Serve with the salsa and, sour cream, if using.
- Garnish with whole cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:25.21, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:15.094782611598%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 504.73kcal (25.24%), Fat: 16.58g (25.51%), Saturated Fat: 6.9g (43.14%), Carbohydrates: 66.49g (22.16%), Net Carbohydrates: 62.01g (22.55%), Sugar: 2.69g (2.99%), Cholesterol: 150.5mg (50.17%), Sodium: 775.14mg (33.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.54%), Selenium: 33.36µg (47.66%), Phosphorus: 430.13mg (43.01%), Vitamin B2: 0.63mg (36.9%), Calcium: 334.66mg (33.47%), Magnesium: 91.59mg (22.9%), Fiber: 4.48g (17.94%), Vitamin A: 746.42IU (14.93%), Zinc: 2.14mg (14.29%), Vitamin B1: 0.21mg (13.68%), Potassium: 451.6mg (12.9%), Vitamin B6: 0.25mg (12.45%), Iron: 2.23mg (12.41%), Folate: 45.97µg (11.49%), Vitamin B12: 0.66µg (11.03%), Vitamin C: 7.57mg (9.17%), Vitamin E: 1.2mg (8.03%), Vitamin B5: 0.68mg (6.82%), Copper: 0.13mg (6.43%), Vitamin D: 0.94µg (6.27%), Vitamin B3: 0.57mg (2.85%), Vitamin K: 1.37µg (1.31%), Manganese: 0.02mg (1.24%)