



Chile Rellenos Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 corn tortillas (6 to 7 in.)
- ☐ 4 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 14 oz chilies whole green drained canned
- ☐ 0.8 pound jalapeño-flavor jack cheese
- ☐ 0.5 cup onion finely chopped
- ☐ 1 tablespoon salad oil

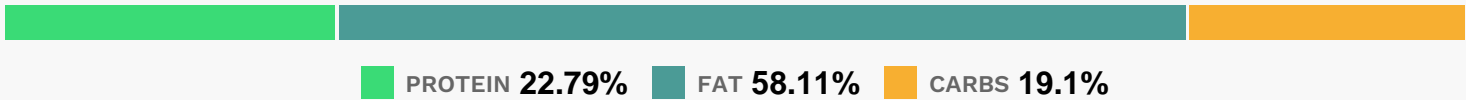
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Stack tortillas and cut into about 1/2-inch squares.
- ☐ In an 11- to 12-inch frying pan, combine 1 teaspoon oil and the onion. Stir often over medium-high heat until onion is limp, about 3 minutes.
- ☐ Add tortillas and remaining oil, turn heat to high, and stir until small bits start to brown, 8 to 10 minutes.
- ☐ Scatter tortilla mixture in an 8- by 12-inch oval or rectangular casserole (at least 2 in. deep).
- ☐ Shred 2 cups cheese; sprinkle 1 cup over the tortilla mixture.
- ☐ Cut remaining cheese into sticks about 1/4 inch thick.
- ☐ Drain chilies and stuff equally with cheese sticks.
- ☐ Lay chilies in a single layer in casserole.
- ☐ Sprinkle with cilantro.
- ☐ Separate eggs. Whip whites with a mixer on high speed until they hold soft but distinct peaks; set aside.
- ☐ Mix egg yolks (use unwashed beaters) with flour, then beat on high speed until paler in color, about 2 minutes. Beat half of the whites into the yolks, then fold in remaining whites and pour mixture over chilies, scraping bowl. Top egg mixture with shredded cheese.
- ☐ Bake in a 375 oven until topping is golden brown and feels firm when lightly touched, about 15 minutes.
- ☐ Cutting through chilies, scoop from casserole to serve.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:7.29, Inflammation Score:-8, Nutrition Score:19.857826087786%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 358.77kcal (17.94%), Fat: 23.51g (36.17%), Saturated Fat: 12.16g (76%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 14.97g (5.44%), Sugar: 4.65g (5.17%), Cholesterol: 174.46mg (58.15%), Sodium: 402.48mg (17.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.75g (41.5%), Vitamin C: 96.4mg (116.85%), Calcium: 469.28mg (46.93%), Phosphorus: 407.82mg (40.78%), Selenium: 20.77µg (29.67%), Vitamin B2: 0.46mg (27.04%), Vitamin A: 1336.34IU (26.73%), Vitamin B6: 0.49mg (24.66%), Zinc: 2.58mg (17.18%), Vitamin K: 16.64µg (15.84%), Vitamin B12: 0.77µg (12.79%), Folate: 49.89µg (12.47%), Magnesium: 49.23mg (12.31%), Manganese: 0.24mg (11.79%), Iron: 2.05mg (11.41%), Potassium: 366.25mg (10.46%), Fiber: 2.42g (9.66%), Vitamin E: 1.45mg (9.65%), Copper: 0.17mg (8.3%), Vitamin B5: 0.82mg (8.17%), Vitamin B1: 0.11mg (7.49%), Vitamin D: 1.01µg (6.71%), Vitamin B3: 1.34mg (6.69%)