



Chiles Rellenos Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces colby-monterey jack cheese blend shredded
- ☐ 1 cup kernel corn whole frozen thawed drained
- ☐ 2 egg whites
- ☐ 2 eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 8 ounce chiles whole green drained cut lengthwise into quarters canned
- ☐ 1.8 teaspoons ground cumin
- ☐ 0.5 pound pd of ground turkey

- ☐ 0.1 teaspoon hot sauce
- ☐ 1 cup onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce refried beans fat-free canned
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups skim milk

Equipment

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

Directions

- ☐ Cook ground turkey and onion in a nonstick skillet over medium-high heat until turkey is browned, stirring until it crumbles.
- ☐ Remove from heat; add cumin and next 5 ingredients to skillet. Stir well, and set mixture aside.
- ☐ Arrange half of green chile quarters in an 11- x 7- x 1-1/2-inch baking dish coated with cooking spray; top with half of cheese. Spoon bean mixture in mounds onto cheese, and spread gently, leaving a 1/4-inch border around edge of dish; top with corn. Arrange remaining chile strips over corn; top with remaining cheese. Set aside.
- ☐ Combine flour and 1/4 teaspoon salt in a bowl; gradually add milk and hot sauce, stirring with a wire whisk until blended. Stir in eggs and egg whites; pour over casserole.
- ☐ Bake, uncovered, at 350 degrees for 1 hour and 5 minutes or until set; let stand 5 minutes.
- ☐ Cut into squares to serve.

Nutrition Facts



 **PROTEIN 34.04%**  **FAT 29.37%**  **CARBS 36.59%**

Properties

Glycemic Index:36.88, Glycemic Load:7.26, Inflammation Score:-7, Nutrition Score:14.253478299017%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 279.08kcal (13.95%), Fat: 8.97g (13.8%), Saturated Fat: 4.59g (28.71%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 20.36g (7.4%), Sugar: 6.05g (6.73%), Cholesterol: 94.94mg (31.65%), Sodium: 920.26mg (40.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.39g (46.79%), Selenium: 21.4µg (30.58%), Phosphorus: 295.44mg (29.54%), Calcium: 271.66mg (27.17%), Vitamin B6: 0.49mg (24.43%), Vitamin B3: 4.7mg (23.49%), Vitamin B2: 0.35mg (20.85%), Fiber: 4.78g (19.1%), Vitamin C: 15.45mg (18.72%), Iron: 2.91mg (16.17%), Folate: 61.62µg (15.41%), Vitamin B12: 0.81µg (13.42%), Zinc: 1.93mg (12.87%), Potassium: 402.01mg (11.49%), Vitamin A: 514.99IU (10.3%), Vitamin B1: 0.14mg (9.54%), Magnesium: 37.55mg (9.39%), Vitamin B5: 0.91mg (9.13%), Manganese: 0.16mg (8.24%), Vitamin D: 1.16µg (7.71%), Copper: 0.08mg (4.14%), Vitamin K: 3.96µg (3.77%), Vitamin E: 0.36mg (2.37%)