



Chiles Rellenos Casserole

READY IN



110 min.

SERVINGS



6

CALORIES



295 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons canola oil
- 4 ounces colby-monterey jack cheese shredded
- 1 cup kernel corn whole frozen thawed drained
- 2 egg whites
- 2 eggs lightly beaten
- 1.3 cups milk fat-free
- 0.3 cup flour all-purpose
- 0.5 teaspoon garlic powder

- 4 ounce chiles whole green drained cut lengthwise into quarters canned
- 0.5 pound ground chicken
- 1.8 teaspoons ground cumin
- 0.1 teaspoon hot sauce
- 1 cup onion chopped
- 1.5 teaspoons oregano dried
- 16 ounce vegetarian refried beans canned
- 0.3 teaspoon salt

Equipment

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

Directions

- Heat a nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add chicken and onion; cook 6 minutes or until chicken is done, stirring to crumble.
- Combine chicken mixture, cumin, and next 5 ingredients (through refried beans) in a bowl.
- Arrange half of green chile strips in bottom of an 11 x 7-inch glass or ceramic baking dish coated with cooking spray; top with half of cheese. Spoon mounds of bean mixture 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.
- Combine flour and salt in a bowl; gradually add milk and hot sauce, stirring with a whisk until blended. Stir in eggs and egg whites; pour milk mixture over chile strips.
- Bake at 350 for 1 hour and 5 minutes or until set; let stand 5 minutes.

Nutrition Facts



■ PROTEIN 29.05% ■ FAT 37.96% ■ CARBS 32.99%

Properties

Glycemic Index:41.38, Glycemic Load:7.29, Inflammation Score:-7, Nutrition Score:12.842608596968%

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

Nutrients (% of daily need)

Calories: 294.64kcal (14.73%), Fat: 12.24g (18.83%), Saturated Fat: 5.16g (32.28%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 19.47g (7.08%), Sugar: 6.05g (6.72%), Cholesterol: 105.52mg (35.17%), Sodium: 847.88mg (36.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.14%), Calcium: 277.52mg (27.75%), Phosphorus: 272.38mg (27.24%), Selenium: 16.85µg (24.07%), Vitamin B2: 0.4mg (23.71%), Fiber: 4.45g (17.82%), Vitamin B6: 0.34mg (16.77%), Vitamin B3: 3.02mg (15.09%), Iron: 2.67mg (14.83%), Vitamin B12: 0.82µg (13.73%), Potassium: 457.76mg (13.08%), Folate: 48.77µg (12.19%), Zinc: 1.79mg (11.94%), Vitamin C: 8.98mg (10.89%), Vitamin B1: 0.16mg (10.6%), Vitamin B5: 0.98mg (9.77%), Vitamin A: 439.2IU (8.78%), Magnesium: 33.96mg (8.49%), Manganese: 0.17mg (8.42%), Vitamin D: 1.01µg (6.7%), Vitamin K: 5.18µg (4.93%), Vitamin E: 0.66mg (4.41%), Copper: 0.08mg (4.17%)