



## Chiles Rellenos Egg Soufflé Bake

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

### Ingredients

- 8 oz pepper flakes whole green drained canned
- 1 sprigs cilantro leaves
- 4 eggs separated
- 0.5 cup flour all-purpose
- 1.5 cups milk
- 4 oz monterrey jack cheese cut into 3x1/2x1/2-inch strips
- 2 oz pimientos diced drained
- 2 cups salsa thick

0.3 teaspoon salt

## Equipment

bowl

oven

knife

whisk

baking pan

hand mixer

glass baking pan

## Directions

Heat oven to 350F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Stuff chiles with cheese strips; arrange in baking dish.

Sprinkle with pimientos.

In medium bowl, beat egg yolks and milk with wire whisk until well blended. Stir in flour and salt until smooth.

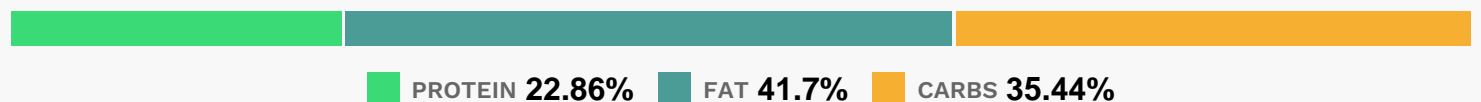
In large bowl, beat egg whites with electric mixer on high speed until stiff peaks form. Gently fold yolk mixture into beaten egg whites until no traces of white remain. Spoon mixture evenly over stuffed chiles.

Bake 30 to 40 minutes or until knife inserted in center comes out clean and top is golden brown.

Garnish each serving with cilantro sprig.

Serve immediately with salsa.

## Nutrition Facts



## Properties

Glycemic Index:43.67, Glycemic Load:8.28, Inflammation Score:-8, Nutrition Score:17.573043719582%

## Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## **Nutrients (% of daily need)**

Calories: 229.94kcal (11.5%), Fat: 10.94g (16.83%), Saturated Fat: 5.72g (35.74%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 18.28g (6.65%), Sugar: 8.79g (9.76%), Cholesterol: 133.26mg (44.42%), Sodium: 849.05mg (36.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.99%), Vitamin C: 65.89mg (79.87%), Vitamin A: 1454.29IU (29.09%), Calcium: 264.54mg (26.45%), Phosphorus: 261mg (26.1%), Selenium: 17.43µg (24.9%), Vitamin B2: 0.41mg (24.18%), Vitamin B6: 0.48mg (23.79%), Potassium: 523.94mg (14.97%), Manganese: 0.26mg (13.15%), Vitamin B1: 0.19mg (12.69%), Vitamin B12: 0.75µg (12.46%), Folate: 49.3µg (12.33%), Vitamin E: 1.8mg (12%), Iron: 2.09mg (11.6%), Vitamin K: 11.82µg (11.26%), Vitamin B3: 2.23mg (11.17%), Fiber: 2.64g (10.54%), Zinc: 1.56mg (10.43%), Vitamin B5: 1.02mg (10.17%), Magnesium: 40.69mg (10.17%), Vitamin D: 1.37µg (9.14%), Copper: 0.15mg (7.72%)