



Chiles Rellenos Quiche

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



393 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 oz chilis green drained chopped canned
- 8 oz sharp cheddar cheese shredded
- 4 oz pepper jack cheese shredded
- 2 cups milk
- 4 eggs slightly beaten
- 1 cup ricotta cheese
- 1 serving pico de gallo fresh
- 1 leaves cilantro leaves fresh

1 cup frangelico

Equipment

bowl

oven

knife

baking pan

hand mixer

glass baking pan

Directions

Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.

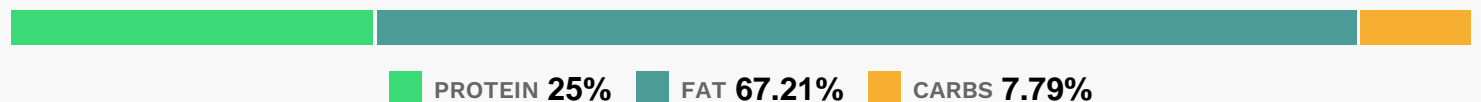
Sprinkle chiles, Cheddar cheese and pepper Jack cheese evenly into baking dish. In large bowl, beat milk, Bisquick mix and eggs with electric mixer on low speed until smooth. Stir in ricotta cheese; spoon evenly over ingredients in baking dish.

Bake uncovered 45 minutes or until knife inserted in center comes out clean.

Let stand 10 minutes before cutting.

Garnish with pico de gallo and cilantro.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:14.879130529321%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 392.94kcal (19.65%), Fat: 29.39g (45.21%), Saturated Fat: 16.73g (104.58%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 7.34g (2.67%), Sugar: 4.67g (5.18%), Cholesterol: 194.58mg (64.86%), Sodium: 566.44mg (24.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.19%), Calcium: 617.18mg (61.72%), Phosphorus: 464.73mg (46.47%), Selenium: 30.04µg (42.91%), Vitamin B2: 0.57mg (33.72%), Vitamin B12:

1.4µg (23.31%), Zinc: 3.16mg (21.09%), Vitamin A: 1048.89IU (20.98%), Vitamin D: 1.9µg (12.69%), Vitamin B5: 1.05mg (10.54%), Folate: 40.4µg (10.1%), Vitamin B6: 0.18mg (9.06%), Magnesium: 33.93mg (8.48%), Vitamin C: 6.7mg (8.12%), Potassium: 272.52mg (7.79%), Iron: 1.12mg (6.23%), Vitamin B1: 0.08mg (5.23%), Vitamin E: 0.73mg (4.87%), Vitamin K: 2.68µg (2.56%), Copper: 0.05mg (2.48%), Vitamin B3: 0.31mg (1.54%), Fiber: 0.33g (1.3%), Manganese: 0.02mg (1.03%)