



Chiles Rellenos Quiche

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



487 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup baking mix all-purpose
- ☐ 4 large eggs lightly beaten
- ☐ 8 ounce chilis diced green drained canned
- ☐ 2 cups milk
- ☐ 4 ounces monterrey jack cheese shredded with peppers
- ☐ 1 cup ricotta cheese
- ☐ 8 ounces sharp cheddar cheese shredded

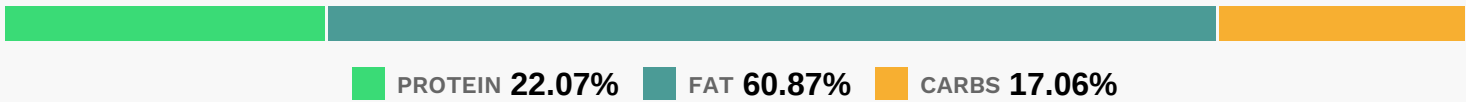
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 12- x 8- x 2-inch baking dish with cooking spray.
- ☐ Sprinkle green chiles, Cheddar cheese, and Monterey Jack cheese evenly into baking dish.
- ☐ Beat milk, baking mix, and eggs at low speed with an electric mixer until smooth. Stir in ricotta cheese; spoon mixture evenly over chiles and cheeses in baking dish.
- ☐ Bake, uncovered, at 350 for 45 minutes or until a knife inserted in center comes out clean.
- ☐ Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:18.516087013742%

Nutrients (% of daily need)

Calories: 486.64kcal (24.33%), Fat: 32.9g (50.61%), Saturated Fat: 17.66g (110.35%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 19.68g (7.16%), Sugar: 6.7g (7.44%), Cholesterol: 209.86mg (69.95%), Sodium: 878.83mg (38.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.66%), Calcium: 661.91mg (66.19%), Phosphorus: 591.65mg (59.16%), Selenium: 32.82µg (46.89%), Vitamin B2: 0.68mg (40.25%), Vitamin B12: 1.51µg (25.2%), Zinc: 3.35mg (22.34%), Vitamin A: 1068.21IU (21.36%), Folate: 77.38µg (19.34%), Vitamin C: 12.99mg (15.74%), Vitamin D: 1.98µg (13.23%), Vitamin B1: 0.2mg (13.12%), Vitamin B5: 1.31mg (13.07%), Vitamin B6: 0.23mg (11.28%), Iron: 1.99mg (11.08%), Magnesium: 40.13mg (10.03%), Potassium: 331.13mg (9.46%), Vitamin B3: 1.34mg (6.68%), Vitamin E: 0.79mg (5.3%), Manganese: 0.09mg (4.45%), Fiber: 1.06g (4.25%), Copper: 0.08mg (4.14%), Vitamin K: 3.48µg (3.31%)