



Chiles Rellenos Squares

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups monterrey jack cheese shredded
- 1.5 cups cheddar cheese shredded
- 8 ounces chilis green drained chopped canned
- 2 large eggs room temperature
- 2 tablespoons milk 2%
- 1 tablespoon flour all-purpose

Equipment

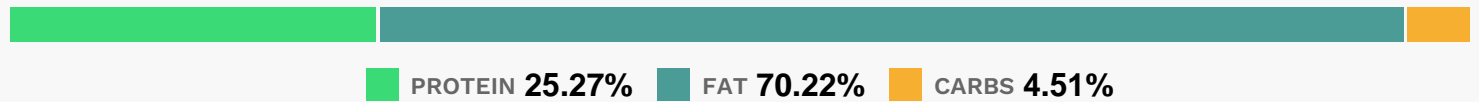
- oven

- whisk
- baking pan

Directions

- Preheat oven to 375°.
- Sprinkle half of each cheese onto bottom of a greased 8-in. square baking dish.
- Layer with chiles and remaining cheeses.
- Whisk together eggs, milk and flour; pour over top.
- Bake, uncovered, until set, 25–30 minutes. Cool 15 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:4.8560869719671%

Nutrients (% of daily need)

Calories: 136.81kcal (6.84%), Fat: 10.7g (16.46%), Saturated Fat: 6.3g (39.4%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.26g (0.29%), Cholesterol: 52.85mg (17.62%), Sodium: 262.45mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Calcium: 243.88mg (24.39%), Phosphorus: 158.76mg (15.88%), Selenium: 8.24µg (11.77%), Vitamin B2: 0.17mg (9.88%), Zinc: 1.13mg (7.53%), Vitamin A: 322.6IU (6.45%), Vitamin B12: 0.35µg (5.9%), Vitamin C: 4.85mg (5.88%), Folate: 17.58µg (4.4%), Iron: 0.49mg (2.72%), Vitamin B6: 0.05mg (2.63%), Magnesium: 10.21mg (2.55%), Vitamin D: 0.32µg (2.1%), Vitamin B5: 0.2mg (2.05%), Potassium: 53.09mg (1.52%), Vitamin E: 0.2mg (1.34%), Fiber: 0.25g (1.01%)