



Chili con Queso Casserole



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 oz chilis green drained chopped canned
- ☐ 2 cups tomatoes seeded chopped
- ☐ 8 oz cheddar cheese shredded
- ☐ 0.5 cup cream sour
- ☐ 3 eggs
- ☐ 1 serving salsa
- ☐ 1 cup frangelico

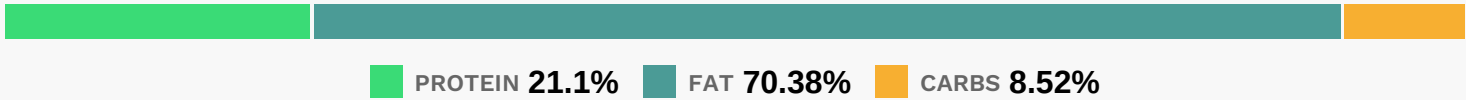
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 375°F. Spray 2-quart casserole or 8-inch square pan with cooking spray.
- ☐ Sprinkle chiles and tomatoes evenly in casserole.
- ☐ In medium bowl, beat remaining ingredients except salsa with wire whisk until blended.
- ☐ Pour over chiles and tomatoes.
- ☐ Bake uncovered 35 to 40 minutes or until knife inserted in center comes out clean.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:10.163913063381%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 238.09kcal (11.9%), Fat: 18.82g (28.96%), Saturated Fat: 9.9g (61.89%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.37g (2.63%), Cholesterol: 130.95mg (43.65%), Sodium: 396.89mg (17.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.39%), Calcium: 312.18mg (31.22%), Selenium: 18.27µg (26.09%), Phosphorus: 246.95mg (24.7%), Vitamin A: 1080.09IU (21.6%), Vitamin B2: 0.32mg (18.6%), Vitamin C: 13.54mg (16.41%), Zinc: 1.85mg (12.31%), Vitamin B12: 0.64µg (10.61%), Folate: 37.3µg (9.32%), Vitamin B6: 0.14mg (7.16%), Potassium: 236.25mg (6.75%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.92mg (6.14%), Magnesium: 21.78mg (5.45%), Vitamin K: 5.41µg (5.15%), Iron: 0.87mg (4.82%), Vitamin D: 0.67µg (4.45%), Fiber: 1.01g (4.05%), Manganese: 0.07mg (3.73%), Copper: 0.06mg (3.23%), Vitamin B1: 0.05mg (3.05%), Vitamin B3: 0.53mg (2.64%)