



Chili Rellenos Casserole



Vegetarian



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 2 eggs beaten
- ☐ 5 ounce evaporated milk canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 14 ounce chile peppers whole green drained canned
- ☐ 0.5 cup milk
- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 8 ounces cheddar cheese shredded

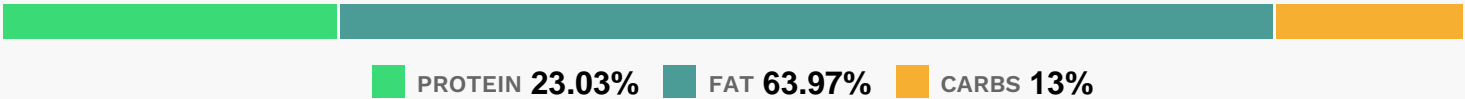
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- ☐ Lay half of the chilies evenly in bottom of baking dish.
- ☐ Sprinkle with half of the Jack and Cheddar cheeses, and cover with remaining chilies. In a bowl, mix together the eggs, milk, and flour, and pour over the top of the chilies.
- ☐ Bake in the preheated oven for 25 minutes.
- ☐ Remove from oven, pour tomato sauce evenly over the top, and continue baking another 15 minutes.
- ☐ Sprinkle with remaining Jack and Cheddar cheeses, and serve.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:2.71, Inflammation Score:-6, Nutrition Score:14.570869704951%

Nutrients (% of daily need)

Calories: 396.31kcal (19.82%), Fat: 28.27g (43.5%), Saturated Fat: 16.42g (102.62%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 10.12g (3.68%), Sugar: 7.27g (8.08%), Cholesterol: 135.29mg (45.1%), Sodium: 927.09mg (40.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.81%), Calcium: 649.78mg (64.98%), Phosphorus: 451.39mg (45.14%), Selenium: 22.68µg (32.41%), Vitamin B2: 0.52mg (30.63%), Zinc: 3.08mg (20.51%), Vitamin A: 1001.7IU (20.03%), Vitamin B12: 0.99µg (16.54%), Vitamin C: 11.03mg (13.37%), Fiber: 2.82g (11.27%), Magnesium: 36.5mg (9.13%), Potassium: 296.98mg (8.49%), Vitamin B5: 0.81mg (8.15%), Folate: 31.5µg (7.88%), Vitamin E: 1.13mg (7.53%), Vitamin B6: 0.14mg (7.16%), Vitamin D: 0.99µg (6.63%), Iron: 1.11mg (6.18%), Vitamin B1: 0.07mg (4.91%), Copper: 0.09mg (4.31%), Manganese: 0.07mg (3.59%), Vitamin B3: 0.66mg (3.28%), Vitamin K: 3.16µg (3.01%)