



Christmas Green Chile Egg Casserole

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



468 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 16 ounce curd cottage cheese
- ☐ 10 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 8 ounce chiles diced green canned
- ☐ 1 pound monterrey jack cheese shredded
- ☐ 0.5 teaspoon salt

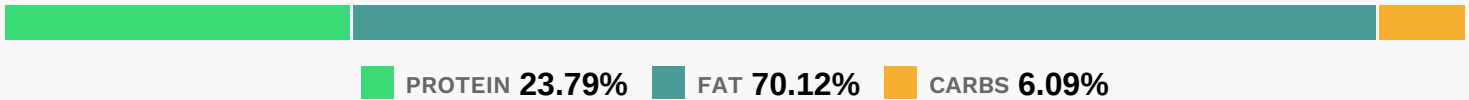
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Set butter in a 6x10-inch casserole dish; place dish in the preheating oven until butter is melted.
- ☐ Mix cottage cheese, Jack cheese, green chiles, eggs, flour, baking powder, and salt in a large bowl using an electric hand mixer.
- ☐ Pour mixture into the melted butter in the casserole dish.
- ☐ Bake in the preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C); bake until middle of casserole is set, about 50 more minutes. Allow to stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:2.91, Inflammation Score:-6, Nutrition Score:15.585652185523%

Nutrients (% of daily need)

Calories: 467.86kcal (23.39%), Fat: 36.47g (56.11%), Saturated Fat: 20.83g (130.2%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 6.54g (2.38%), Sugar: 2.02g (2.24%), Cholesterol: 295.2mg (98.4%), Sodium: 999.09mg (43.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.84g (55.69%), Calcium: 544.5mg (54.45%), Phosphorus: 472.49mg (47.25%), Selenium: 32.16µg (45.94%), Vitamin B2: 0.6mg (35.15%), Vitamin A: 1202.66IU (24.05%), Vitamin B12: 1.23µg (20.47%), Zinc: 2.7mg (18.02%), Folate: 65.74µg (16.44%), Vitamin B5: 1.33mg (13.35%), Vitamin C: 9.7mg (11.75%), Iron: 2.03mg (11.27%), Vitamin B6: 0.2mg (10.03%), Vitamin D: 1.5µg (9.98%), Vitamin E: 1.1mg (7.35%), Magnesium: 28.86mg (7.22%), Potassium: 220.54mg (6.3%), Vitamin B1: 0.08mg (5.33%), Copper: 0.08mg (4%), Vitamin B3: 0.56mg (2.82%), Manganese: 0.05mg (2.49%), Vitamin K: 2.59µg (2.46%), Fiber: 0.59g (2.35%)