

Corn Tortilla Quiche

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



535 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.8 pound bulk pork sausage
- ☐ 0.3 cup chiles green canned chopped
- ☐ 0.5 teaspoon chili powder
- ☐ 5 6-inch corn tortillas ()
- ☐ 6 eggs beaten
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 cup monterrey jack cheese shredded

- ☐ 0.5 cup ricotta cheese
- ☐ 1 cup cheddar cheese shredded

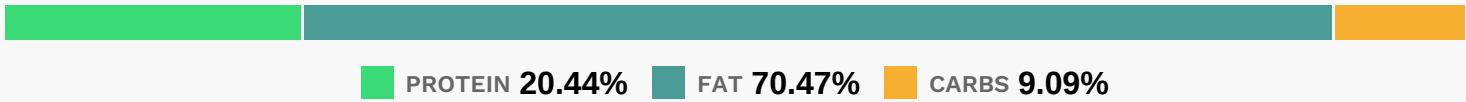
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch pie plate.
- ☐ Heat a large skillet over medium-high heat and stir in sausage. Cook and stir until sausage is crumbly, evenly browned, and no longer pink, about 10 minutes.
- ☐ Drain and discard any excess grease.
- ☐ Place four tortillas in prepared pie plate, overlapping and extending 1/2-inch beyond rim; place remaining tortilla in center.
- ☐ Layer sausage, Monterey Jack cheese, Cheddar cheese, and green chilies over tortillas.
- ☐ Combine eggs, heavy whipping cream, ricotta cheese, and chili powder in a bowl; slowly pour egg mixture into pie plate.
- ☐ Bake in preheated oven until center is set and puffed, about 45 minutes.
- ☐ Sprinkle with cilantro and cut into wedges.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:4.52, Inflammation Score:-6, Nutrition Score:15.97695674067%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 534.84kcal (26.74%), Fat: 41.84g (64.37%), Saturated Fat: 19.96g (124.73%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 10.59g (3.85%), Sugar: 1.16g (1.29%), Cholesterol: 273.05mg (91.02%), Sodium: 717.75mg (31.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.31g (54.61%), Phosphorus: 447.19mg (44.72%), Calcium: 379.89mg (37.99%), Selenium: 26.54µg (37.91%), Vitamin B2: 0.52mg (30.75%), Zinc: 3.64mg (24.27%), Vitamin B12: 1.33µg (22.19%), Vitamin A: 1099.31IU (21.99%), Vitamin B6: 0.35mg (17.54%), Vitamin B3: 3.15mg (15.75%), Vitamin D: 2.2µg (14.68%), Vitamin B1: 0.21mg (14.02%), Vitamin B5: 1.3mg (13.01%), Iron: 2.05mg (11.38%), Magnesium: 43.3mg (10.83%), Potassium: 325.2mg (9.29%), Folate: 36.54µg (9.13%), Vitamin E: 1.11mg (7.37%), Copper: 0.12mg (6.22%), Fiber: 1.54g (6.16%), Manganese: 0.1mg (4.84%), Vitamin K: 4.39µg (4.18%), Vitamin C: 2.68mg (3.25%)