



## Easy Chile Relleno Bake

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 oz pepper flakes whole green peeled drained canned
- 0.5 teaspoon chili powder
- 8 oz colby cheese shredded
- 3 eggs slightly beaten
- 0.3 teaspoon ground cumin
- 1 lb ground beef 80% lean (at least )
- 1 cup milk
- 0.5 cup onion chopped

- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 2 cups frangelico
- 2 cups frangelico

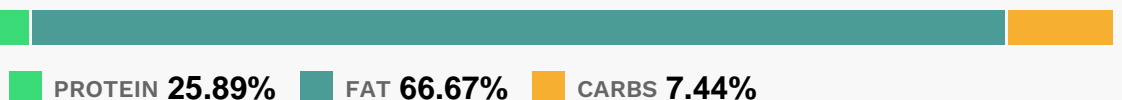
## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- baking pan
- glass baking pan

## Directions

- Heat oven to 350F. Spray 12x8- or 11x7-inch (2-quart) glass baking dish with cooking spray.
- In 10-inch skillet, cook beef, onion, chili powder, cumin, salt and pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- In medium bowl, mix Bisquick mix, eggs and milk with whisk until only tiny lumps remain.
- Pour half of the batter into baking dish.
- Sprinkle with 1 cup of the cheese. Spoon beef mixture evenly over cheese. Using paring knife, cut lengthwise slit down long edge of each chile; open and arrange flat on beef mixture, overlapping if necessary.
- Sprinkle with remaining 1 cup cheese.
- Pour remaining batter on top to cover.
- Bake uncovered 25 to 35 minutes or until topping is light golden brown.

## Nutrition Facts



## Properties

Glycemic Index:18.38, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:14.469565256782%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 313.61kcal (15.68%), Fat: 23.15g (35.62%), Saturated Fat: 11.18g (69.88%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 5.16g (1.88%), Sugar: 3.61g (4.01%), Cholesterol: 132.23mg (44.08%), Sodium: 322.02mg (14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.47%), Vitamin C: 41.48mg (50.28%), Phosphorus: 298.44mg (29.84%), Vitamin B12: 1.76µg (29.34%), Selenium: 18.48µg (26.4%), Calcium: 258.6mg (25.86%), Zinc: 3.68mg (24.52%), Vitamin B6: 0.41mg (20.53%), Vitamin B2: 0.34mg (19.78%), Vitamin A: 728.42IU (14.57%), Vitamin B3: 2.85mg (14.25%), Iron: 1.98mg (11.02%), Potassium: 367.48mg (10.5%), Vitamin B5: 0.78mg (7.82%), Magnesium: 30.64mg (7.66%), Folate: 25.29µg (6.32%), Vitamin D: 0.89µg (5.95%), Vitamin K: 6.12µg (5.83%), Vitamin B1: 0.08mg (5.2%), Copper: 0.1mg (5.07%), Vitamin E: 0.75mg (4.99%), Manganese: 0.09mg (4.46%), Fiber: 0.65g (2.61%)