



Easy Chile Relleno Bake

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 0.5 teaspoon chili powder
- 0.3 teaspoon ground cumin
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 3 eggs slightly beaten
- 1 cup milk

- 8 oz colby cheese shredded
- 2 cans chiles whole green peeled drained
- 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

  
PROTEIN 26.02% **FAT 67.95%** **CARBS 6.03%**

Properties

Glycemic Index:12.75, Glycemic Load:0.75, Inflammation Score:-4, Nutrition Score:11.791739163191%

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: 308.21kcal (15.41%), Fat: 23.1g (35.54%), Saturated Fat: 11.18g (69.86%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 3.91g (1.42%), Sugar: 2.11g (2.34%), Cholesterol: 132.23mg (44.08%), Sodium: 431.62mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.91g (39.81%), Vitamin B12: 1.76µg (29.34%), Phosphorus: 289.36mg (28.94%), Calcium: 264.8mg (26.48%), Selenium: 18.43µg (26.32%), Zinc: 3.63mg (24.2%), Vitamin B2: 0.32mg (18.84%), Vitamin B6: 0.3mg (15.05%), Vitamin B3: 2.67mg (13.37%), Vitamin C: 10.41mg (12.61%), Iron: 2.07mg (11.49%), Vitamin A: 494.13IU (9.88%), Potassium: 308.12mg (8.8%), Folate: 34.03µg (8.51%), Vitamin B5: 0.75mg (7.48%), Magnesium: 25.25mg (6.31%), Vitamin D: 0.89µg (5.95%), Vitamin B1: 0.06mg (4.03%), Vitamin E: 0.55mg (3.68%), Copper: 0.06mg (3.24%), Fiber: 0.71g (2.83%), Vitamin K: 2.15µg (2.05%), Manganese: 0.04mg (1.81%)