



Fiesta Corn Tortilla Quiche

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 oz chilis green drained chopped canned
- 0.5 cup curd cottage cheese
- 5 6-inch corn tortillas
- 36 eggs beaten
- 1 pound sausage meat hot
- 1 cup monterrey jack cheese shredded
- 1 cup cheddar cheese shredded
- 0.5 cup whipping cream

Equipment

- bowl
- frying pan
- oven

Directions

- Brown sausage in a skillet over medium heat; drain.
- Meanwhile, arrange tortillas in a lightly greased 9" pie plate, overlapping on the bottom and extending 1/2 inch over the edge of plate.
- Spoon sausage, chiles and cheeses into tortilla-lined pie plate. In a bowl, beat together remaining ingredients.
- Pour egg mixture over sausage mixture.
- Bake, uncovered, at 375 degrees for 45 minutes, or until golden.
- Cut into wedges to serve.

Nutrition Facts

 **PROTEIN 26.17%** **FAT 67.38%** **CARBS 6.45%**

Properties

Glycemic Index:39.88, Glycemic Load:6.76, Inflammation Score:-9, Nutrition Score:48.449130141217%

Nutrients (% of daily need)

Calories: 1335.32kcal (66.77%), Fat: 98.78g (151.97%), Saturated Fat: 40.64g (253.99%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 18.73g (6.81%), Sugar: 3.56g (3.95%), Cholesterol: 1646.24mg (548.75%), Sodium: 1855.68mg (80.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.33g (172.65%), Selenium: 139.17µg (198.81%), Vitamin B2: 2.31mg (135.95%), Phosphorus: 1356.14mg (135.61%), Vitamin B12: 5.18µg (86.38%), Vitamin B5: 7.29mg (72.89%), Calcium: 720.39mg (72.04%), Vitamin D: 10.24µg (68.24%), Zinc: 10.08mg (67.21%), Vitamin A: 3234.2IU (64.68%), Vitamin B6: 1.19mg (59.48%), Folate: 219.55µg (54.89%), Iron: 9.26mg (51.46%), Vitamin B1: 0.53mg (35.27%), Vitamin E: 5.04mg (33.63%), Vitamin B3: 6.38mg (31.91%), Potassium: 1020.39mg (29.15%), Magnesium: 107.37mg (26.84%), Copper: 0.44mg (21.96%), Vitamin C: 10.67mg (12.93%), Manganese: 0.23mg (11.46%), Fiber: 2.53g (10.12%), Vitamin K: 3.98µg (3.79%)