



Brunch Enchiladas

READY IN



570 min.

SERVINGS



10

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound finely-chopped ham cooked chopped
- 5 eggs beaten
- 1 tablespoon flour all-purpose
- 10 7-inch flour tortilla ()
- 0.3 teaspoon garlic powder
- 0.8 cup bell pepper green chopped
- 0.8 cup spring onion sliced
- 2 cups half and half
- 0.5 cup milk

- 1 dash hot sauce hot
- 3 cups cheddar cheese shredded divided

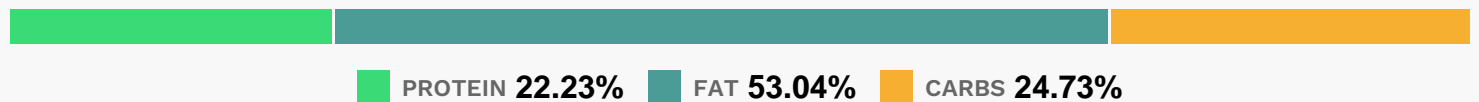
Equipment

- food processor
- bowl
- oven
- baking pan

Directions

- Place ham in food processor, and pulse until finely ground.
- Mix together ham, green onions, and green peppers. Spoon 1/3 cup of the ham mixture and 3 tablespoons shredded cheese onto each tortilla, then roll up. Carefully place filled tortillas, seam side down, in a greased 9x13 baking dish.
- In a medium bowl, mix together eggs, cream, and milk, flour, garlic powder, and hot pepper sauce.
- Pour egg mixture over tortillas. Cover, and refrigerate overnight.
- The next morning, preheat oven to 350 degrees F (175 degrees C).
- Bake, uncovered, in preheated oven for 50 to 60 minutes, or until set.
- Sprinkle casserole with remaining 1 cup shredded cheese.
- Bake about 3 minutes more, or until cheese melts.
- Let stand a least 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.1, Glycemic Load:8.18, Inflammation Score:-6, Nutrition Score:19.804782597915%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 456.46kcal (22.82%), Fat: 26.75g (41.15%), Saturated Fat: 12.95g (80.95%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 26.03g (9.47%), Sugar: 4.93g (5.48%), Cholesterol: 167.26mg (55.75%), Sodium: 1151.42mg (50.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.45%), Selenium: 37.68µg (53.84%), Phosphorus: 490.46mg (49.05%), Calcium: 395.36mg (39.54%), Vitamin B2: 0.61mg (35.96%), Vitamin B1: 0.53mg (35.23%), Vitamin C: 21.41mg (25.95%), Vitamin B12: 1.35µg (22.54%), Zinc: 3.07mg (20.49%), Vitamin K: 21.21µg (20.2%), Vitamin B3: 3.88mg (19.41%), Folate: 70.84µg (17.71%), Vitamin A: 765.72IU (15.31%), Iron: 2.71mg (15.04%), Manganese: 0.29mg (14.53%), Vitamin B6: 0.27mg (13.34%), Vitamin B5: 1.15mg (11.55%), Potassium: 365.58mg (10.45%), Magnesium: 40.58mg (10.15%), Fiber: 2.02g (8.09%), Copper: 0.15mg (7.31%), Vitamin D: 0.78µg (5.18%), Vitamin E: 0.7mg (4.64%)