



Green Chile, Egg and Potato Bake

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups hash browns diced frozen southern-style thawed (from 32-oz bag)
- 0.5 cup corn frozen thawed
- 0.3 cup roasted peppers red chopped (from 7-oz jar)
- 4 oz chilis green undrained chopped canned
- 6 oz monterrey jack cheese shredded
- 10 eggs
- 0.5 cup curd cottage cheese
- 0.5 teaspoon oregano dried

- 0.3 teaspoon garlic powder
- 0.3 cup spring onion chopped

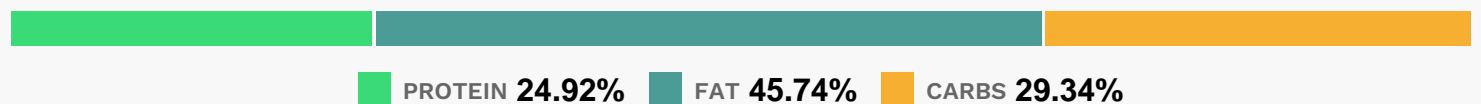
Equipment

- bowl
- oven
- knife
- whisk
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In baking dish, layer potatoes, corn, bell peppers, chiles and 1 cup of the shredded cheese.
- In medium bowl, beat eggs, cottage cheese, oregano and garlic powder with wire whisk until well blended. Slowly pour over potato mixture.
- Sprinkle with onions and remaining 1/2 cup cheese.
- Cover with foil; bake 30 minutes. Uncover; bake about 30 minutes longer or until knife inserted in center comes out clean.
- Let stand 5 to 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:4.2, Inflammation Score:-5, Nutrition Score:12.272608902143%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 250.91kcal (12.55%), Fat: 12.87g (19.8%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 16.74g (6.09%), Sugar: 0.74g (0.82%), Cholesterol: 225.75mg (75.25%), Sodium: 381.61mg (16.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.56%), Selenium: 21.66µg (30.95%), Phosphorus: 274.32mg (27.43%), Vitamin B2: 0.38mg (22.62%), Calcium: 219.81mg (21.98%), Vitamin C: 14.67mg (17.79%), Iron: 2.29mg (12.71%), Vitamin B5: 1.26mg (12.63%), Folate: 49.22µg (12.31%), Vitamin B12: 0.72µg (12.04%), Vitamin B6: 0.23mg (11.64%), Potassium: 395.25mg (11.29%), Zinc: 1.68mg (11.18%), Vitamin A: 553.19IU (11.06%), Vitamin B3: 1.69mg (8.47%), Manganese: 0.17mg (8.42%), Vitamin D: 1.24µg (8.27%), Vitamin B1: 0.12mg (8.04%), Vitamin K: 7.94µg (7.56%), Fiber: 1.83g (7.31%), Copper: 0.14mg (7.15%), Magnesium: 27.44mg (6.86%), Vitamin E: 0.68mg (4.56%)