



Green Chile, Egg and Potato Bake

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup curd cottage cheese
- 4.5 oz chilis green undrained chopped canned
- 6 oz monterrey jack cheese shredded
- 10 eggs
- 0.5 cup corn frozen thawed
- 0.3 teaspoon garlic powder
- 0.3 cup spring onion chopped
- 3 cups hash browns diced frozen southern-style thawed (from 32-oz bag)

- 0.5 teaspoon oregano dried
- 0.3 cup roasted peppers red chopped (from 7-oz jar)

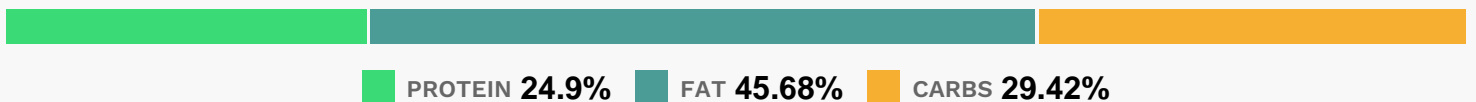
Equipment

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

Directions

- Heat oven to 350F. 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:12.345217455988%

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: 251.28kcal (12.56%), Fat: 12.87g (19.81%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 16.79g (6.11%), Sugar: 0.74g (0.82%), Cholesterol: 225.75mg (75.25%), Sodium: 388.65mg (16.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.58%), Selenium: 21.67µg (30.95%), Phosphorus: 274.52mg (27.45%), Vitamin B2: 0.39mg (22.66%), Calcium: 220.45mg (22.05%), Vitamin C: 15.28mg (18.52%), Iron: 2.31mg (12.84%), Vitamin B5: 1.26mg (12.65%), Folate: 50.18µg (12.54%), Vitamin B12: 0.72µg (12.04%), Vitamin B6: 0.23mg (11.75%), Potassium: 397.25mg (11.35%), Zinc: 1.68mg (11.19%), Vitamin A: 555.42IU (11.11%), Vitamin B3: 1.7mg (8.52%), Manganese: 0.17mg (8.42%), Vitamin D: 1.24µg (8.27%), Vitamin B1: 0.12mg (8.05%), Vitamin K: 7.94µg (7.56%), Fiber: 1.86g (7.43%), Copper: 0.14mg (7.15%), Magnesium: 27.51mg (6.88%), Vitamin E: 0.68mg (4.56%)