

DINNER

Green Chile Squares

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	10 min	45 min	6	\$1.51	299 kcal

Green Chile Squares might be just the main course you are searching for. Watching your figure? This gluten free, lacto ovo vegetarian, primal, and ketogenic recipe has 299 calories, 20g of protein, and 23g of fat per serving. This recipe serves 6.

Ingredients

☐ ½ teaspoon freshly ground black pepper

☐ 12 ounce diced green chiles, with juice
canned

☐ 1 tablespoon cayenne pepper sauce

☐ 1½ cups grated sharp Cheddar

☐ 6 eggs, beaten

☐ 1½ cups grated Monterey Jack

☐ ½ teaspoon salt

EQUIPMENT Bowl, Oven, Baking pan

Method

- 1 Preheat the oven to 300 degrees F.
- 2 Spray a 12 by 8-inch baking dish with cooking spray.
- 3 In a bowl, add the eggs, salt, pepper and cayenne pepper sauce.
- 4 Mix together well.
- 5 Add the chiles and both cheeses to a large bowl.

- 6 Pour the liquid ingredients into the cheese mixture and stir well. Pat the mixture down into the prepared baking dish and bake until the center is firm, about 45 minutes. Allow to cool, then cut into small squares and serve.

Nutrition per serving

299	20 g	23 g	4 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			12.2 g · 77% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			0.5 g · 1% of daily needs
Sodium			836 mg · 36% of daily needs
Cholesterol			217 mg · 72% of daily needs
Vitamin C			20 mg · 24% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/green-chile-squares-142434