



Green Chili Casserole

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 eggs lightly beaten
- ☐ 14 ounce chile peppers whole green drained canned
- ☐ 0.3 cup milk
- ☐ 8 servings salt and pepper to taste
- ☐ 1.5 cups cheddar cheese shredded divided

Equipment

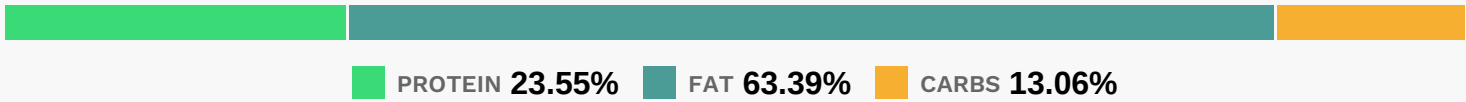
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x12 inch baking dish.
- ☐ Line the bottom of dish with green chiles.
- ☐ Sprinkle with 1/2 cup shredded cheese. Repeat layers twice more. In a medium bowl, whisk together milk and eggs. Season with salt and pepper.
- ☐ Pour egg mixture over chiles and cheese.
- ☐ Bake in preheated oven for 25 to 30 minutes, or until filling is set.
- ☐ Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:5.5634782405003%

Nutrients (% of daily need)

Calories: 137.4kcal (6.87%), Fat: 9.62g (14.8%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 2.82g (1.03%), Sugar: 2.29g (2.55%), Cholesterol: 104.25mg (34.75%), Sodium: 532.67mg (23.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Selenium: 12.94µg (18.49%), Calcium: 174.74mg (17.47%), Phosphorus: 150.87mg (15.09%), Vitamin B2: 0.21mg (12.24%), Vitamin B12: 0.48µg (7.92%), Zinc: 1.1mg (7.36%), Vitamin C: 5.95mg (7.22%), Vitamin A: 347.57IU (6.95%), Fiber: 1.64g (6.55%), Vitamin B5: 0.46mg (4.63%), Vitamin D: 0.68µg (4.53%), Folate: 14.79µg (3.7%), Vitamin B6: 0.06mg (2.91%), Vitamin E: 0.4mg (2.63%), Magnesium: 9.59mg (2.4%), Iron: 0.42mg (2.34%), Potassium: 61.96mg (1.77%), Vitamin B1: 0.02mg (1.38%), Copper: 0.02mg (1.15%)