



Huevos Rancheros Casserole

 Gluten Free

READY IN



550 min.

SERVINGS



6

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 6-inch corn tortillas ()
- 6 oz colby cheese shredded finely
- 0.5 lb chorizo sausage cut smoked cooked coarsely chopped
- 4 oz chilis green chopped canned
- 6 eggs
- 0.5 cup milk
- 0.5 teaspoon oregano dried
- 0.1 teaspoon ground pepper red (cayenne)

- 1 serving salsa thick

Equipment

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

Directions

- Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray.
- Place 4 of the tortillas in bottom of sprayed baking dish, overlapping as necessary, about 1/2 to 1 inch up sides.
- Cut remaining tortilla in half; cut into 1/2-inch-wide strips.
- Sprinkle 1/2 cup of the cheese over tortillas in baking dish. Top with chorizo, chiles and 1/2 cup cheese. Arrange tortilla strips over cheese.
- In medium bowl, combine eggs, milk, oregano and ground red pepper; beat well.
- Pour over mixture in baking dish.
- Sprinkle with remaining 1/2 cup cheese; press lightly into egg mixture. Cover with foil. Refrigerate at least 8 hours or overnight.
- Heat oven to 350°F.
- Bake covered casserole for 30 minutes. Uncover; bake 15 to 20 minutes longer or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.
- Cut into squares.
- Serve with salsa.

Nutrition Facts



■ PROTEIN **23.83%** ■ FAT **58.79%** ■ CARBS **17.38%**

Properties

Glycemic Index:20.92, Glycemic Load:4.56, Inflammation Score:-6, Nutrition Score:11.158695666686%

Nutrients (% of daily need)

Calories: 301.09kcal (15.05%), Fat: 19.58g (30.12%), Saturated Fat: 10.64g (66.48%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 11.16g (4.06%), Sugar: 1.69g (1.88%), Cholesterol: 219.72mg (73.24%), Sodium: 361.64mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.71%), Phosphorus: 309.4mg (30.94%), Calcium: 280.04mg (28%), Selenium: 19.44µg (27.78%), Vitamin B2: 0.36mg (21.07%), Vitamin C: 13.46mg (16.31%), Vitamin A: 812.83IU (16.26%), Vitamin B12: 0.74µg (12.28%), Zinc: 1.84mg (12.26%), Iron: 2mg (11.12%), Vitamin B6: 0.19mg (9.59%), Folate: 37.72µg (9.43%), Vitamin B5: 0.86mg (8.62%), Vitamin D: 1.27µg (8.49%), Magnesium: 32.76mg (8.19%), Fiber: 1.86g (7.46%), Potassium: 205.58mg (5.87%), Manganese: 0.1mg (5.12%), Vitamin E: 0.72mg (4.8%), Copper: 0.08mg (4.09%), Vitamin B1: 0.06mg (3.85%), Vitamin B3: 0.6mg (2.98%), Vitamin K: 2.25µg (2.14%)