



Huevos Rancheros Casserole

 Gluten Free

READY IN



550 min.

SERVINGS



6

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

6 servings 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 350F.

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 23.59% ■ FAT 57.11% ■ CARBS 19.3%

Properties

Glycemic Index:20.92, Glycemic Load:4.56, Inflammation Score:-6, Nutrition Score:12.228260807369%

Nutrients (% of daily need)

Calories: 309.32kcal (15.47%), Fat: 19.64g (30.21%), Saturated Fat: 10.64g (66.52%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 12.55g (4.56%), Sugar: 2.71g (3.01%), Cholesterol: 219.72mg (73.24%), Sodium: 545.95mg (23.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.26g (36.51%), Phosphorus: 318.19mg (31.82%), Calcium: 288.35mg (28.84%), Selenium: 19.69µg (28.13%), Vitamin B2: 0.37mg (21.61%), Vitamin A: 943.81IU (18.88%), Vitamin C: 14.77mg (17.91%), Zinc: 1.89mg (12.63%), Vitamin B12: 0.74µg (12.28%), Vitamin B6: 0.24mg (12.08%), Iron: 2.15mg (11.92%), Folate: 40.07µg (10.02%), Fiber: 2.38g (9.54%), Magnesium: 36.85mg (9.21%), Vitamin B5: 0.92mg (9.18%), Vitamin D: 1.27µg (8.49%), Potassium: 277.05mg (7.92%), Vitamin E: 1.05mg (6.97%), Manganese: 0.13mg (6.62%), Copper: 0.1mg (4.96%), Vitamin B3: 0.91mg (4.54%), Vitamin B1: 0.07mg (4.49%), Vitamin K: 3.37µg (3.21%)