



Layered Chile Casserole

READY IN



55 min.

SERVINGS



55

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tsp adobo seasoning
- ☐ 0.5 lb mexican chorizo
- ☐ 1 cup knudsen cream sour
- ☐ 4 eggs
- ☐ 0.3 cup flour
- ☐ 2 cloves garlic minced
- ☐ 8 oz monterrey jack cheese shredded kraft
- ☐ 1 small onion chopped
- ☐ 1 cup picante sauce

☐ 4 poblano chiles seeded quartered

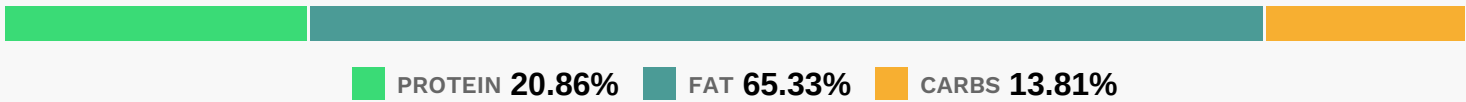
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F. Brown chorizo in large skillet on medium heat; drain.
- ☐ Add onions, garlic and adobo seasoning; mix well. Cook and stir until onions are tender. Stir in the picante sauce; simmer 5 min.
- ☐ Beat eggs lightly in medium bowl.
- ☐ Add sour cream and flour; mix well. Stir in the cheese.
- ☐ Layer half each of the chiles, sausage mixture and egg mixture in greased 8-inch square baking dish. Repeat layers.
- ☐ Bake 35 min. or until center is set.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:1.8356521647909%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 46.05kcal (2.3%), Fat: 3.35g (5.16%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.62g (0.69%), Cholesterol: 20.62mg (6.87%), Sodium: 62.01mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin C: 7.21mg (8.74%), Calcium: 39.59mg

(3.96%), Phosphorus: 32.45mg (3.24%), Vitamin A: 144.52IU (2.89%), Selenium: 2.01µg (2.87%), Vitamin B2: 0.05mg (2.65%), Vitamin B6: 0.04mg (2.11%), Iron: 0.25mg (1.4%), Zinc: 0.21mg (1.39%), Manganese: 0.03mg (1.28%), Potassium: 43.9mg (1.25%), Folate: 4.86µg (1.22%), Vitamin B12: 0.07µg (1.19%), Fiber: 0.28g (1.11%), Vitamin E: 0.15mg (1.01%)