



Lazy Chiles Rellenos

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



9

CALORIES



149 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground pepper
- 1.5 cup monterrey jack cheese grated
- 0.5 teaspoon paprika
- 8 to 2 chilies slit whole green peeled seeded
- 9 servings salt and pepper black to taste
- 5 eggs whole
- 2 cups milk whole

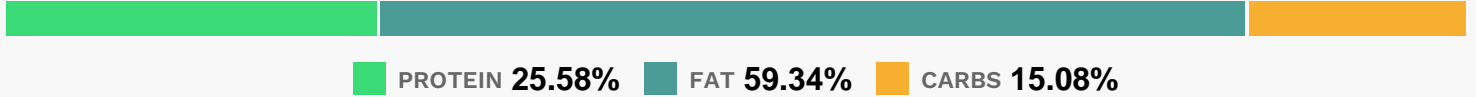
Equipment

- baking sheet
- oven
- baking pan

Directions

- Preheat oven to 325 degrees.
- Mix together eggs, milk, salt, pepper, paprika and cayenne.
- Cut chilies in half and add a single layer of chilies on the bottom of a 9 x 13-inch baking dish. Top chilies with half the grated cheese. Repeat with another layer of chilies and another layer of cheese.
- Pour egg mixture all over the top.
- Place into a larger baking dish or rimmed baking sheet.
- Pour in 1/2 inch of water and bake for 35 to 45 minutes, or until completely set.
- Cut into squares and serve with warm corn tortillas!

Nutrition Facts



Properties

Glycemic Index:12.44, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:6.6643477678299%

Nutrients (% of daily need)

Calories: 149.03kcal (7.45%), Fat: 9.79g (15.06%), Saturated Fat: 5.38g (33.59%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.22g (1.54%), Sugar: 4.14g (4.6%), Cholesterol: 114.2mg (38.07%), Sodium: 495.4mg (21.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.99%), Calcium: 221.34mg (22.13%), Phosphorus: 187.3mg (18.73%), Selenium: 11.28µg (16.11%), Vitamin B2: 0.26mg (15.4%), Vitamin B12: 0.67µg (11.11%), Vitamin A: 442.51IU (8.85%), Vitamin D: 1.2µg (7.99%), Zinc: 1.11mg (7.4%), Vitamin B5: 0.62mg (6.19%), Vitamin C: 4.84mg (5.87%), Fiber: 1.37g (5.5%), Vitamin B6: 0.09mg (4.66%), Potassium: 134.01mg (3.83%), Folate: 14.99µg (3.75%), Magnesium: 14.81mg (3.7%), Iron: 0.59mg (3.29%), Vitamin B1: 0.04mg (2.9%), Vitamin E: 0.38mg (2.54%), Copper: 0.03mg (1.27%)