



Marvelous Mini Mexican Quiches

READY IN



45 min.

SERVINGS



24

CALORIES



77 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup cream cheese
- ☐ 3 eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 4 ounce chiles diced green canned

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup ground chorizo sausage
- ☐ 0.5 cup milk
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 0.5 cup onion diced red
- ☐ 0.3 teaspoon salt

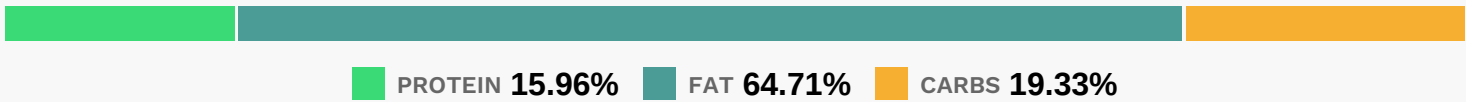
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 24 mini-muffin cups.
- ☐ Beat cream cheese and butter until well combined.
- ☐ Add flour; mix until a dough forms. Divide dough into 24 balls and refrigerate.
- ☐ Whisk eggs and milk together in a bowl. Stir Monterey Jack cheese, chorizo sausage, green chiles, red onion, cilantro, garlic powder, black pepper, ground cumin, cayenne pepper, and salt into the egg mixture.
- ☐ Place one dough ball into each prepared muffin cup; press dough gently into the base and sides to form a dough cup. Spoon egg mixture to fill each dough cup.
- ☐ Bake in preheated oven until center of quiche is set, 25 minutes.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:2.13, Inflammation Score:-2, Nutrition Score:2.3186956488568%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 77.2kcal (3.86%), Fat: 5.56g (8.55%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.54g (0.6%), Cholesterol: 36.21mg (12.07%), Sodium: 104.64mg (4.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Selenium: 3.93µg (5.62%), Calcium: 51.93mg (5.19%), Phosphorus: 45.89mg (4.59%), Vitamin B2: 0.08mg (4.53%), Vitamin A: 219.61IU (4.39%), Vitamin C: 2.78mg (3.37%), Folate: 13.35µg (3.34%), Iron: 0.45mg (2.49%), Vitamin B1: 0.04mg (2.42%), Vitamin B12: 0.12µg (2.08%), Manganese: 0.04mg (1.92%), Zinc: 0.29mg (1.91%), Vitamin B6: 0.03mg (1.57%), Vitamin B5: 0.15mg (1.54%), Vitamin B3: 0.26mg (1.32%), Vitamin D: 0.19µg (1.29%), Vitamin E: 0.17mg (1.17%), Potassium: 39.72mg (1.13%), Magnesium: 4.39mg (1.1%), Fiber: 0.27g (1.08%)