

Mexi-Quiche

READY IN



80 min.

SERVINGS



8

CALORIES



387 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 10 ounce canned tomatoes diced with green chile peppers (such as ro*tel®), drained canned
- 10 ounces chorizo sausage
- 1 9-inch unbaked deep-dish pie crust ()
- 6 eggs
- 0.3 cup milk
- 15 ounce refried beans canned
- 2 cups mexican cheese blend shredded divided

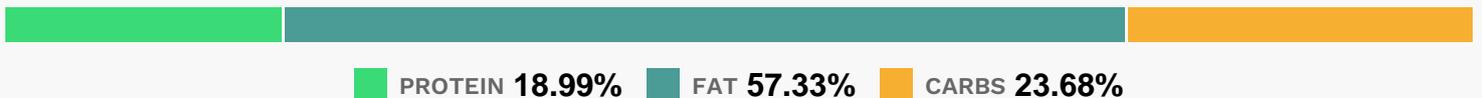
Equipment

- bowl
- frying pan
- oven
- knife
- pie form

Directions

- Preheat oven to 400 degrees F (200 degrees C). Press pie crust into a 9-inch deep-dish pie pan.
- Heat a large skillet over medium-high heat. Cook and stir chorizo in the hot skillet until browned and crumbly, 5 to 10 minutes; drain and discard grease.
- Lightly beat eggs and milk together in a large bowl; stir in tomatoes with green chile peppers and half the Mexican cheese blend.
- Spread refried beans evenly across the bottom of the pie crust; layer chorizo onto refried beans.
- Pour egg mixture over chorizo layer; top with remaining Mexican cheese blend.
- Bake in the preheated oven until a knife inserted in the middle of the quiche comes out clean and cheese is lightly browned, about 45 minutes.
- Remove from oven and cool for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:1.51, Inflammation Score:-4, Nutrition Score:9.7152173311814%

Nutrients (% of daily need)

Calories: 386.54kcal (19.33%), Fat: 24.12g (37.11%), Saturated Fat: 11.09g (69.3%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 18.62g (6.77%), Sugar: 3.34g (3.71%), Cholesterol: 175.28mg (58.43%), Sodium: 743.44mg (32.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.96%), Calcium: 242.71mg (24.27%), Selenium: 15.75µg (22.5%), Phosphorus: 214.89mg (21.49%), Vitamin B2: 0.29mg (17.1%), Fiber: 3.8g (15.19%), Vitamin C: 10.68mg (12.95%), Iron: 2.25mg (12.48%), Vitamin A: 597.76IU (11.96%), Vitamin B12: 0.68µg (11.32%),

Folate: 40.9µg (10.23%), Zinc: 1.43mg (9.53%), Manganese: 0.15mg (7.51%), Vitamin B5: 0.71mg (7.06%), Vitamin D: 0.88µg (5.89%), Vitamin B1: 0.09mg (5.87%), Vitamin E: 0.77mg (5.14%), Vitamin K: 5.06µg (4.82%), Vitamin B6: 0.09mg (4.56%), Magnesium: 16.11mg (4.03%), Vitamin B3: 0.77mg (3.85%), Potassium: 106.49mg (3.04%), Copper: 0.05mg (2.66%)