



Mexican Brunch Bake



Gluten Free

READY IN



855 min.

SERVINGS



15

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 19 ounce black beans rinsed canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2.5 cups habanero heat cheese shredded kraft
- ☐ 8 eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup regular corn frozen
- ☐ 1 teaspoon garlic powder
- ☐ 3 cups hash browns frozen

- ☐ 1.3 cups milk
- ☐ 1 small onion finely chopped
- ☐ 1 bell pepper red finely chopped

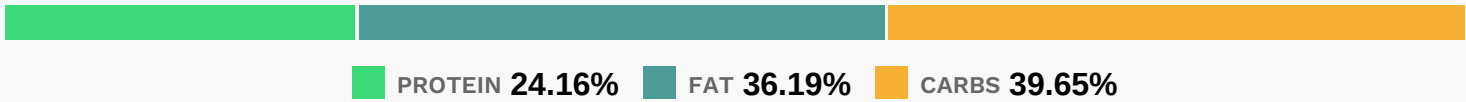
Equipment

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Combine first 5 ingredients in 13x9-inch baking dish sprayed with cooking spray; top with cheese.
- ☐ Whisk remaining ingredients until blended; pour over hash brown mixture. Refrigerate overnight.
- ☐ Heat oven to 350 degrees F.
- ☐ Bake casserole, uncovered, 55 min. to 1 hour or until knife inserted in centre comes out clean.
- ☐ Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:14.93, Glycemic Load:2.8, Inflammation Score:-5, Nutrition Score:10.018260810686%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 184.41kcal (9.22%), Fat: 7.54g (11.6%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 18.59g (6.2%), Net Carbohydrates: 14.94g (5.43%), Sugar: 1.8g (2%), Cholesterol: 104.48mg (34.83%), Sodium: 306.53mg (13.33%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.65%), Phosphorus: 205.64mg (20.56%), Vitamin C: 15.81mg (19.16%), Selenium: 11.53µg (16.47%), Calcium: 151.64mg (15.16%), Vitamin B2: 0.26mg (15.05%), Fiber: 3.65g (14.62%), Vitamin B12: 0.74µg (12.4%), Vitamin A: 568.07IU (11.36%), Folate: 45.15µg (11.29%), Potassium: 367.71mg (10.51%), Manganese: 0.19mg (9.7%), Iron: 1.72mg (9.58%), Vitamin B1: 0.14mg (9.09%), Zinc: 1.33mg (8.84%), Vitamin B6: 0.17mg (8.42%), Magnesium: 31.39mg (7.85%), Vitamin B5: 0.73mg (7.3%), Copper: 0.14mg (7.01%), Vitamin B3: 1.26mg (6.28%), Vitamin D: 0.77µg (5.12%), Vitamin E: 0.44mg (2.91%), Vitamin K: 1.82µg (1.74%)