



Mexican Brunch Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



660 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 cup biscuit baking mix
- ☐ 2 cups colby jack cheese shredded
- ☐ 3 eggs
- ☐ 8 oz chiles whole green drained canned
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 2 to 3 tomatoes chopped

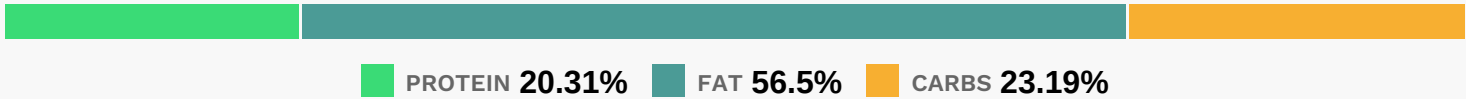
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ In a lightly greased 8"x8" baking pan, layer chiles, tomatoes and cheese. Beat together remaining ingredients and spoon over cheese.
- ☐ Bake, uncovered, at 375 degrees for 30 to 35 minutes, until set.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:2.28, Inflammation Score:-9, Nutrition Score:27.585217392963%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 660.28kcal (33.01%), Fat: 41.56g (63.94%), Saturated Fat: 22.3g (139.35%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 35.25g (12.82%), Sugar: 11.35g (12.61%), Cholesterol: 257.84mg (85.95%), Sodium: 1827.11mg (79.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.62g (67.24%), Calcium: 834.74mg (83.47%), Phosphorus: 833.42mg (83.34%), Vitamin B2: 0.86mg (50.38%), Vitamin C: 37.21mg (45.1%), Selenium: 31.04µg (44.34%), Vitamin A: 2023.99IU (40.48%), Folate: 139.64µg (34.91%), Vitamin B12: 1.72µg (28.62%), Zinc: 4.05mg (27.01%), Vitamin B1: 0.34mg (22.95%), Iron: 3.78mg (20.98%), Vitamin B6: 0.38mg (19.03%), Potassium: 639.53mg (18.27%), Vitamin B5: 1.65mg (16.53%), Vitamin D: 2.3µg (15.35%), Magnesium: 59.97mg (14.99%), Vitamin B3: 2.98mg (14.89%), Manganese: 0.26mg (12.83%), Fiber: 3.11g (12.44%), Vitamin K: 11.83µg (11.27%), Copper: 0.18mg (8.99%), Vitamin E: 1.24mg (8.29%)