



Mexican Chorizo Strata

READY IN



565 min.

SERVINGS



6

CALORIES



1150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted ripe peeled
- ☐ 8 tablespoons butter cooled melted
- ☐ 3 roasted new mexico chile peppers green peeled seeded drained chopped well canned
- ☐ 1 pound mexican chorizo fresh
- ☐ 7 slices egg-based bread white stale cut into large cubes
- ☐ 6 large eggs organic
- ☐ 1 leaves cilantro torn fresh for serving
- ☐ 6 servings heirloom tomatoes diced ripe for serving
- ☐ 1 tablespoon hot sauce

- ☐ 1 juice of lime
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 2.5 cups sharp cheddar shredded
- ☐ 1 cup heavy whipping cream sour
- ☐ 6 servings vegetable oil
- ☐ 2 cups milk whole

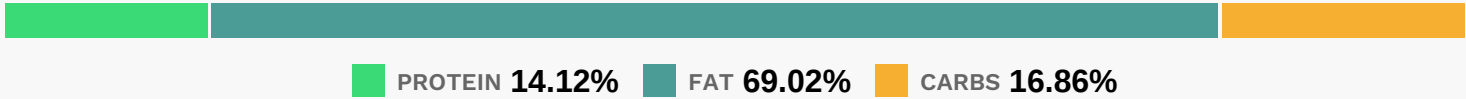
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish
- ☐ wooden spoon

Directions

- ☐ Heat a drizzle of EVOO in a skillet.
- ☐ Add the chorizo and cook, crumbling with a wooden spoon, until browned.
- ☐ Drain off the fat.
- ☐ Arrange the bread in a casserole dish. Top with the chorizo and then the roasted chiles.
- ☐ Whisk together the milk, butter, hot sauce and eggs in a bowl and sprinkle with salt and pepper; pour over the chiles. Top with the cheese. Cover and refrigerate at least overnight and up to 2 days.
- ☐ To serve, bring the strata to room temperature and preheat the oven to 325 degrees F.
- ☐ Bake the strata for 1 hour.
- ☐ Meanwhile, whizz together the sour cream, avocado and lime juice in a food processor and season with salt and pepper.
- ☐ Top the strata with tomatoes, cilantro and dollops of the avocado sour cream.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:4.58, Inflammation Score:-10, Nutrition Score:41.258261058642%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 1149.71kcal (57.49%), Fat: 89.1g (137.08%), Saturated Fat: 36.13g (225.79%), Carbohydrates: 48.96g (16.32%), Net Carbohydrates: 42.76g (15.55%), Sugar: 12.93g (14.37%), Cholesterol: 391.56mg (130.52%), Sodium: 1522.12mg (66.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.02g (82.05%), Vitamin C: 64.38mg (78.04%), Selenium: 50.69µg (72.41%), Vitamin A: 3545.77IU (70.92%), Phosphorus: 669.32mg (66.93%), Vitamin B2: 1.08mg (63.58%), Calcium: 594.7mg (59.47%), Vitamin K: 55.01µg (52.39%), Vitamin B1: 0.67mg (44.93%), Vitamin B3: 8.69mg (43.46%), Folate: 161.97µg (40.49%), Vitamin B6: 0.8mg (40.19%), Zinc: 5.57mg (37.1%), Vitamin B12: 2.2µg (36.67%), Potassium: 1209.65mg (34.56%), Vitamin E: 4.79mg (31.9%), Manganese: 0.64mg (31.86%), Vitamin B5: 2.78mg (27.76%), Iron: 4.62mg (25.69%), Fiber: 6.2g (24.78%), Vitamin D: 3.41µg (22.72%), Magnesium: 90.26mg (22.56%), Copper: 0.41mg (20.53%)