

Mexican Egg Bake



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cheddar cheese
- ☐ 6 6-inch corn tortillas ()
- ☐ 12 eggs
- ☐ 10 ounce enchilada sauce canned
- ☐ 1.3 cups mushrooms fresh sliced
- ☐ 0.5 bell pepper green cut into 1 inch long strips
- ☐ 4 ounce chilies diced green drained canned
- ☐ 0.5 cup milk

- ☐ 1 cup monterrey jack cheese
- ☐ 0.3 cup bell pepper red chopped
- ☐ 1 tablespoon vegetable oil

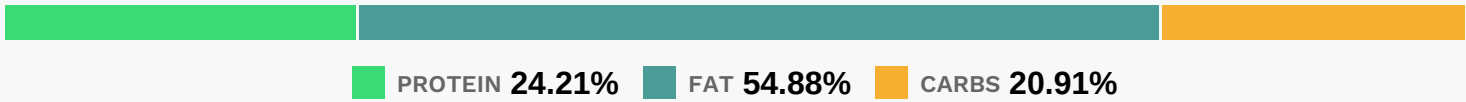
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- ☐ Layer tortillas in bottom of pan so that edges overlap.
- ☐ In a large bowl, beat together eggs and milk. Stir in cheeses, red pepper and green chiles.
- ☐ Pour egg mixture over tortillas.
- ☐ Bake in preheated oven until eggs are set, about 25 to 35 minutes. Meanwhile, heat oil in a skillet or frying pan over medium heat.
- ☐ Add mushrooms and green pepper; saute until tender. Stir in enchilada sauce and heat until warmed through. Spoon enchilada sauce over baked eggs and serve.

Nutrition Facts



Properties

Glycemic Index:32.69, Glycemic Load:4.82, Inflammation Score:-7, Nutrition Score:15.79565222367%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 297.23kcal (14.86%), Fat: 18.24g (28.07%), Saturated Fat: 8.13g (50.8%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 13.22g (4.81%), Sugar: 5.05g (5.61%), Cholesterol: 274.05mg (91.35%), Sodium: 595.09mg (25.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Selenium: 29.26µg (41.8%), Vitamin C: 33.33mg (40.4%), Phosphorus: 356.41mg (35.64%), Vitamin B2: 0.53mg (31.25%), Calcium: 280.25mg (28.03%), Vitamin A: 1176.26IU (23.53%), Vitamin B12: 0.94µg (15.71%), Vitamin B6: 0.3mg (15.13%), Zinc: 2.25mg (14.98%), Vitamin B5: 1.45mg (14.53%), Folate: 46.2µg (11.55%), Vitamin D: 1.69µg (11.25%), Iron: 2mg (11.1%), Fiber: 2.42g (9.67%), Magnesium: 37.33mg (9.33%), Potassium: 288.73mg (8.25%), Vitamin E: 1.24mg (8.25%), Copper: 0.16mg (7.93%), Manganese: 0.13mg (6.67%), Vitamin K: 6.83µg (6.5%), Vitamin B1: 0.09mg (5.91%), Vitamin B3: 1.18mg (5.89%)