



Mexican Green-Chile Bake

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 9 ounce chiles green drained chopped canned
- ☐ 7 ounce jalapeño peppers drained finely chopped canned
- ☐ 8 5-inch corn tortillas ()
- ☐ 1.3 cups egg substitute
- ☐ 3 cups milk fat-free
- ☐ 0.5 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese shredded 2% reduced-fat

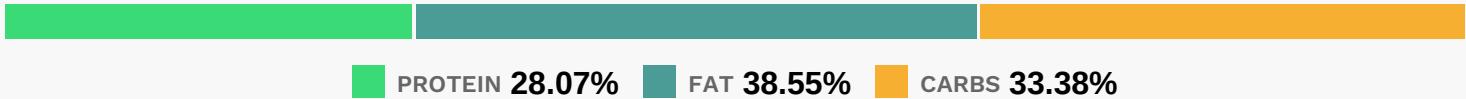
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 7 ingredients in a bowl; stir well.
- ☐ Pour egg mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 400 for 45 minutes or until set.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:4.83, Inflammation Score:-7, Nutrition Score:12.879565197489%

Nutrients (% of daily need)

Calories: 185.35kcal (9.27%), Fat: 8.09g (12.45%), Saturated Fat: 4.24g (26.47%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 13.54g (4.92%), Sugar: 6.14g (6.82%), Cholesterol: 24.02mg (8.01%), Sodium: 945.24mg (41.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.51%), Selenium: 24.54µg (35.06%), Calcium: 329.62mg (32.96%), Phosphorus: 282.47mg (28.25%), Vitamin B2: 0.39mg (22.86%), Vitamin A: 947.06IU (18.94%), Vitamin C: 13.58mg (16.46%), Vitamin B12: 0.89µg (14.76%), Zinc: 1.89mg (12.61%), Vitamin B6: 0.24mg (11.97%), Vitamin B5: 1.19mg (11.86%), Vitamin D: 1.74µg (11.59%), Potassium: 364.31mg (10.41%), Iron: 1.87mg (10.4%), Magnesium: 39.27mg (9.82%), Fiber: 2.23g (8.91%), Vitamin B1: 0.13mg (8.8%), Folate: 33.82µg (8.46%), Vitamin E: 0.97mg (6.49%), Manganese: 0.09mg (4.48%), Copper: 0.08mg (3.94%), Vitamin B3: 0.72mg (3.6%), Vitamin K: 3.79µg (3.6%)