



Overnight Tex-Mex Egg Bake

 Gluten Free

READY IN



565 min.

SERVINGS



10

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz pork sausage
- 4.5 ounces chilis green undrained chopped canned
- 12 oz monterrey jack cheese shredded
- 6 eggs
- 5 cups hash browns frozen southern-style (from 32-oz bag)
- 1.5 cups milk
- 1 cup salsa thick
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- whisk
- baking pan
- glass baking pan

Directions

- Spray 13x9-inch glass baking dish with cooking spray. In 10-inch skillet, cook sausage over medium heat 8 to 10 minutes, stirring occasionally, until no longer pink.
- Drain on paper towel.
- Spread frozen potatoes in baking dish.
- Sprinkle with sausage, green chiles and 1 1/2 cups of the cheese. In medium bowl, beat eggs, milk and salt with fork or wire whisk until well blended.
- Pour over potato mixture.
- Sprinkle with remaining 1 1/2 cups cheese. Cover and refrigerate at least 8 hours but no longer than 12 hours.
- Heat oven to 350F.
- Bake uncovered 50 to 60 minutes or until knife inserted near center comes out clean.
- Let stand 10 minutes.
- Cut into squares.
- Serve with salsa.

Nutrition Facts

PROTEIN 21.23% **FAT 55.01%** **CARBS 23.76%**

Properties

Glycemic Index:12.4, Glycemic Load:6.02, Inflammation Score:-5, Nutrition Score:14.382608652115%

Nutrients (% of daily need)

Calories: 386.34kcal (19.32%), Fat: 23.75g (36.54%), Saturated Fat: 11.18g (69.86%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 20.92g (7.61%), Sugar: 3.02g (3.35%), Cholesterol: 157.37mg (52.46%), Sodium: 774.32mg (33.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.62g (41.25%), Phosphorus: 345.28mg (34.53%), Calcium: 339.06mg (33.91%), Vitamin B2: 0.37mg (21.89%), Selenium: 14.32µg (20.46%), Vitamin B3: 3.81mg (19.04%), Vitamin B6: 0.35mg (17.53%), Zinc: 2.53mg (16.89%), Vitamin B12: 1µg (16.74%), Potassium: 584.01mg (16.69%), Vitamin C: 13.71mg (16.61%), Vitamin B1: 0.24mg (16.13%), Iron: 2.39mg (13.29%), Vitamin A: 629.85IU (12.6%), Vitamin B5: 1.24mg (12.43%), Vitamin D: 1.58µg (10.51%), Manganese: 0.2mg (9.86%), Magnesium: 37.47mg (9.37%), Copper: 0.17mg (8.68%), Fiber: 2.15g (8.62%), Folate: 31µg (7.75%), Vitamin E: 0.77mg (5.11%), Vitamin K: 2.27µg (2.16%)