



Poblano-Chorizo Egg Bake

READY IN



110 min.

SERVINGS



12

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb pork sausage fresh
- ☐ 15 oz black beans rinsed drained canned
- ☐ 16 oz regular crescent rolls refrigerated canned
- ☐ 10 eggs
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 cups milk
- ☐ 2 tablespoons milk
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 0.7 cup tortilla chips crushed

- ☐ 1 cup plum tomatoes seeded coarsely chopped (Roma) (4)
- ☐ 2 large poblano pepper
- ☐ 12 servings salsa
- ☐ 12 servings salt and pepper
- ☐ 4 oz cheddar cheese shredded

Equipment

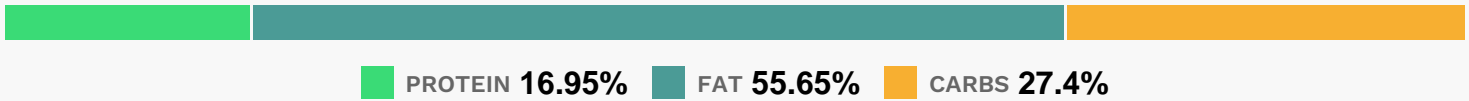
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ ziploc bags
- ☐ broiler pan
- ☐ glass baking pan

Directions

- ☐ Set oven control to broil.
- ☐ Place chiles on broiler pan. Broil with tops 2 inches from heat, turning frequently, 6 to 8 minutes or until skins are blistered and lightly charred.
- ☐ Transfer chiles to resealable food-storage plastic bag; seal bag and place in bowl of ice water 5 to 10 minutes.
- ☐ Remove skin by running fingers down each chile.
- ☐ Cut stem and top off each chile.
- ☐ Cut slit down side, and remove seeds. Coarsely chop chiles; set aside.
- ☐ Heat oven to 350F. Spray bottom only of 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 10-inch skillet, cook sausage over medium-high heat about 7 minutes or until thoroughly browned, breaking into small pieces.

- ☐ Drain well; move to plate lined with paper towel. Pat with towel to remove additional grease.
- ☐ Separate dough into total of 16 rounds.
- ☐ Cut each of 9 rounds into 4 pieces. Arrange pieces evenly in baking dish.
- ☐ Cut remaining 7 rounds in half for topping; set aside.
- ☐ Spread sausage, black beans, tomatoes and both cheeses evenly in pan over crescent pieces.
- ☐ In large bowl, beat eggs, 1 1/2 cups milk, the cumin, chopped chiles, salt and pepper with wire whisk until well blended.
- ☐ Pour over mixture in baking dish. Press down with back of spoon, making sure all ingredients are covered with egg mixture.
- ☐ Dip reserved crescent halves into 2 tablespoons milk, and roll in crushed chips.
- ☐ Place around edge of pan.
- ☐ Bake 52 to 57 minutes or until edges are deep golden brown and center is set.
- ☐ Let stand 10 minutes before serving.
- ☐ Cut into squares.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:13.604347705841%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 474.09kcal (23.7%), Fat: 29.79g (45.83%), Saturated Fat: 12.39g (77.46%), Carbohydrates: 33g (11%), Net Carbohydrates: 28.92g (10.52%), Sugar: 8.03g (8.92%), Cholesterol: 181.84mg (60.61%), Sodium: 1312.52mg (57.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.84%), Vitamin C: 26.25mg (31.82%), Phosphorus: 264.67mg (26.47%), Selenium: 16.96µg (24.23%), Calcium: 232.17mg (23.22%), Vitamin B2: 0.36mg

(21.21%), Vitamin A: 1042.94IU (20.86%), Fiber: 4.08g (16.3%), Iron: 2.55mg (14.17%), Vitamin B6: 0.26mg (13.05%), Folate: 50.28µg (12.57%), Potassium: 414.45mg (11.84%), Vitamin B12: 0.68µg (11.39%), Zinc: 1.66mg (11.04%), Magnesium: 41.24mg (10.31%), Vitamin B5: 0.99mg (9.94%), Manganese: 0.19mg (9.57%), Vitamin E: 1.32mg (8.82%), Vitamin B1: 0.13mg (8.7%), Vitamin D: 1.21µg (8.06%), Copper: 0.16mg (7.92%), Vitamin K: 6.94µg (6.61%), Vitamin B3: 0.96mg (4.8%)