



Rancher's Egg Bake

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

Ingredients

- 6.3 oz taco seasoning
- 0.3 cup milk
- 8 eggs slightly beaten
- 3 cups milk
- 0.5 cup roasted peppers red drained chopped (from 7-oz jar)
- 4 oz chilis green drained chopped canned
- 4 oz crema mexicana shredded
- 1.7 cups frangelico

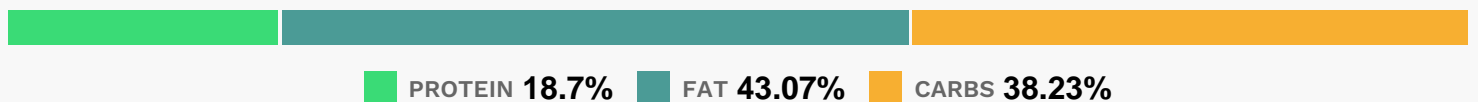
Equipment

- bowl
- oven
- knife
- whisk
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 450°F. Generously grease bottom and sides of 13x9-inch (3-quart) glass baking dish with shortening or cooking spray. In small bowl, stir Bisquick mix, taco seasoning mix and 1/3 cup milk until soft dough forms. Pat dough in bottom of baking dish.
- Bake 8 minutes. Cool 30 minutes.
- Heat oven to 350°F. In medium bowl, beat eggs, 3 cups milk, the roasted peppers and chiles with wire whisk or fork until blended.
- Pour over cooled crust.
- Cover with foil; bake 30 minutes. Uncover; bake 40 to 50 minutes longer or until knife inserted in center comes out clean.
- Sprinkle with cheese.
- Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.8, Inflammation Score:-9, Nutrition Score:11.969565185516%

Nutrients (% of daily need)

Calories: 195.34kcal (9.77%), Fat: 9.72g (14.95%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 14.9g (5.42%), Sugar: 9.65g (10.72%), Cholesterol: 183.39mg (61.13%), Sodium: 2122.62mg (92.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.99%), Vitamin A: 2607.16IU (52.14%), Vitamin C: 18.88mg (22.89%), Selenium: 15.51µg (22.15%), Vitamin B2: 0.35mg (20.49%), Phosphorus: 193.11mg (19.31%), Calcium: 181.06mg (18.11%), Fiber: 4.51g (18.04%), Vitamin B12: 0.94µg (15.68%), Iron: 2.52mg (14.02%), Vitamin D: 2µg (13.32%), Vitamin B5: 1.07mg (10.69%), Vitamin B6: 0.17mg (8.47%), Folate: 29.73µg (7.43%), Potassium: 242.01mg (6.91%), Zinc: 1.01mg (6.75%), Vitamin B1: 0.08mg (5.21%), Magnesium: 19.01mg (4.75%), Vitamin E: 0.51mg (3.42%), Copper: 0.04mg (2.2%), Manganese: 0.03mg (1.52%), Vitamin B3: 0.28mg (1.38%)