



Rancher's Egg Bake



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 4.5 oz chilis green drained chopped canned
- ☐ 8 eggs slightly beaten
- ☐ 0.3 cup milk
- ☐ 3 cups milk
- ☐ 0.5 cup roasted peppers red drained chopped (from 7-oz jar)
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 tablespoon taco seasoning (from 1-oz package)
- ☐ 1.7 cups frangelico

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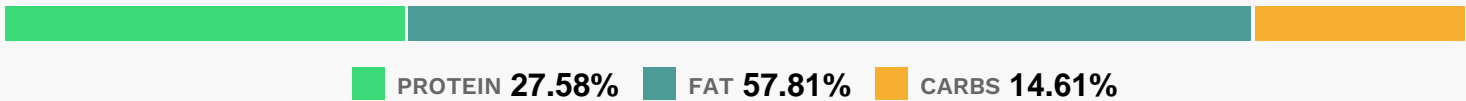
Equipment

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

Directions

- ☐ Heat oven to 450F. 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 350F. 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:-4, Nutrition Score:9.9752174926841%

Nutrients (% of daily need)

Calories: 180.18kcal (9.01%), Fat: 11.55g (17.76%), Saturated Fat: 5.69g (35.54%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 6.13g (2.23%), Sugar: 5.29g (5.87%), Cholesterol: 189.35mg (63.12%), Sodium: 395.46mg (17.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.79%), Phosphorus: 255.39mg (25.54%), Calcium: 252.43mg (25.24%), Selenium: 17.64µg (25.2%), Vitamin B2: 0.39mg (23.17%), Vitamin B12: 1.11µg (18.58%), Vitamin D: 2.07µg (13.79%), Vitamin A: 590.62IU (11.81%), Vitamin C: 9.66mg (11.71%), Vitamin B5: 1.11mg (11.06%), Zinc: 1.44mg (9.61%), Vitamin B6: 0.18mg (9.01%), Folate: 32.53µg (8.13%), Potassium: 256.06mg (7.32%), Iron: 1.16mg (6.43%), Magnesium: 22.62mg (5.66%), Vitamin B1: 0.08mg (5.44%), Vitamin E: 0.55mg (3.66%), Copper: 0.05mg (2.38%), Fiber: 0.43g (1.74%), Manganese: 0.03mg (1.68%), Vitamin B3: 0.3mg (1.52%)