



 **100%**
HEALTH SCORE

Santa Fe Egg Bake

 **Gluten Free**  **Very Healthy**

READY IN



200 min.

SERVINGS



1

CALORIES



2760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper frozen
- 15 oz black beans rinsed drained canned
- 8 ounces monterrey jack cheese shredded
- 8 eggs
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon ground pepper red
- 4 cups hash browns frozen southern-style
- 1.3 cups milk

- 0.5 teaspoon salt
- 1 cup corn fresh whole

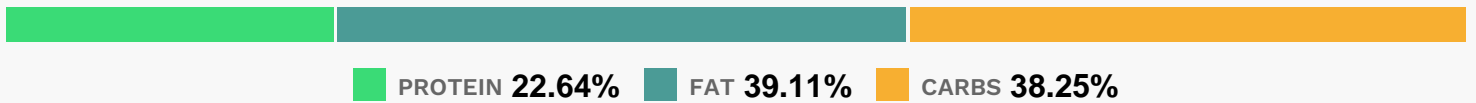
Equipment

- oven
- knife
- baking pan

Directions

- Spray rectangular baking dish, 11x7x 1 1/2 inches, with cooking spray.
- Mix potatoes, beans, corn and stir-fry peppers and onions in baking dish.
- Sprinkle with cheese and cilantro.
- Beat eggs, milk, salt and red pepper until well blended.
- Pour evenly over potato mixture. Cover and refrigerate at least 2 hours but no longer than 24 hours.
- Heat oven to 350F.
- Bake uncovered 55 to 60 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:192, Glycemic Load:50.25, Inflammation Score:-10, Nutrition Score:88.771739213363%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 2759.59kcal (137.98%), Fat: 121.08g (186.27%), Saturated Fat: 62.13g (388.31%), Carbohydrates: 266.42g (88.81%), Net Carbohydrates: 222.03g (80.74%), Sugar: 23.42g (26.03%), Cholesterol: 1547.89mg (515.96%), Sodium: 5207.97mg (226.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 157.69g (315.38%), Vitamin C: 274.23mg (332.4%), Phosphorus: 2968.14mg (296.81%), Calcium: 2512.43mg (251.24%), Selenium: 155µg (221.42%), Vitamin B2: 3.7mg (217.47%), Vitamin A: 9083.2IU (181.66%), Fiber: 44.39g (177.56%), Folate: 612.33µg (153.08%), Potassium: 5333.58mg (152.39%), Iron: 25.14mg (139.66%), Manganese: 2.62mg (131.01%), Vitamin B1: 1.86mg (124.06%), Vitamin B6: 2.38mg (118.77%), Zinc: 17.47mg (116.45%), Vitamin B12: 6.66µg (111.04%), Vitamin B5: 10.98mg (109.83%), Magnesium: 416.69mg (104.17%), Copper: 2.05mg (102.68%), Vitamin B3: 20.09mg (100.45%), Vitamin D: 11.76µg (78.37%), Vitamin E: 6.96mg (46.41%), Vitamin K: 17.82µg (16.97%)