



Santa Fe Egg Bake

 Gluten Free

READY IN



200 min.

SERVINGS



6

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 0.5 teaspoon salt
- 0.3 teaspoon ground pepper red

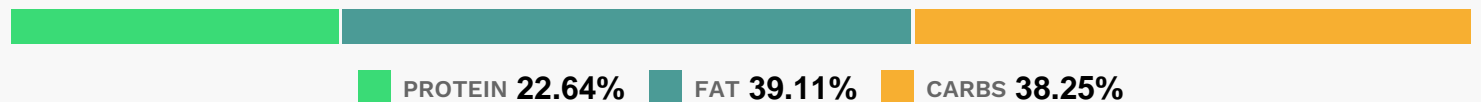
Equipment

- 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 350°F.
- 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:32, Glycemic Load:8.37, Inflammation Score:-8, Nutrition Score:23.796087306479%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 459.93kcal (23%), Fat: 20.18g (31.05%), Saturated Fat: 10.35g (64.72%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 37g (13.46%), Sugar: 3.9g (4.34%), Cholesterol: 257.98mg (85.99%), Sodium: 867.99mg

(37.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.28g (52.56%), Vitamin C: 45.7mg (55.4%), Phosphorus: 494.69mg (49.47%), Calcium: 418.74mg (41.87%), Selenium: 25.83µg (36.9%), Vitamin B2: 0.62mg (36.24%), Vitamin A: 1513.87IU (30.28%), Fiber: 7.4g (29.59%), Folate: 102.05µg (25.51%), Potassium: 888.93mg (25.4%), Iron: 4.19mg (23.28%), Manganese: 0.44mg (21.84%), Vitamin B1: 0.31mg (20.68%), Vitamin B6: 0.4mg (19.79%), Zinc: 2.91mg (19.41%), Vitamin B12: 1.11µg (18.51%), Vitamin B5: 1.83mg (18.3%), Magnesium: 69.45mg (17.36%), Copper: 0.34mg (17.11%), Vitamin B3: 3.35mg (16.74%), Vitamin D: 1.96µg (13.06%), Vitamin E: 1.16mg (7.74%), Vitamin K: 2.97µg (2.83%)