



## Santa Fe Quiche

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



451 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 2 chiles whole green fire roasted peeled cut into strips
- 6 ounces chorizo
- 8 eggs
- 0.5 cup milk
- 1 cup breakfast potatoes seasoned with red chili powder or flakes, paprika, and garlic cooked
- 0.3 cup queso fresco
- 10 inch pie skin
- 4 servings serving suggestion: warm tortillas

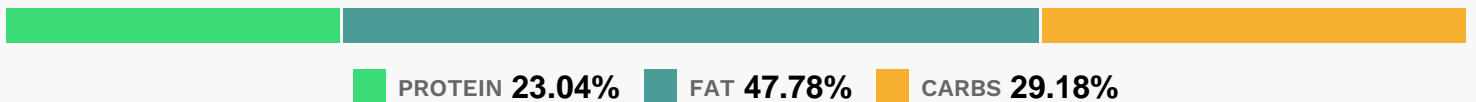
## Equipment

- frying pan
- paper towels
- oven
- whisk
- mixing bowl
- wooden spoon

## Directions

- Preheat the oven to 325 degrees F.
- In a small skillet, cook the chorizo over medium heat until browned, about 5 minutes, breaking it into pieces with a wooden spoon.
- Remove from heat and drain on a paper towel-lined plate. In a deep mixing bowl, whisk together the eggs and milk until well beaten.
- Pour the egg mixture into the unbaked pie skin. Evenly spoon the chorizo and potatoes into the egg-filled pie skin. Arrange the green chile strips in a sunburst pattern on top of the quiche filling.
- Sprinkle queso fresco over top.
- Bake for 40 minutes. Slice into 4 wedges and serve immediately, with a warm tortilla, if desired.

## Nutrition Facts



## Properties

Glycemic Index:57.19, Glycemic Load:12.68, Inflammation Score:-6, Nutrition Score:19.356086917545%

## Flavonoids

Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 451.12kcal (22.56%), Fat: 23.57g (36.27%), Saturated Fat: 9g (56.26%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 29.46g (10.71%), Sugar: 5.26g (5.84%), Cholesterol: 362.86mg (120.95%), Sodium: 420.21mg (18.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.15%), Vitamin C: 43.78mg (53.07%), Selenium: 36.03µg (51.47%), Vitamin B2: 0.58mg (34.01%), Phosphorus: 335.8mg (33.58%), Iron: 4.44mg (24.65%), Vitamin B6: 0.46mg (23.02%), Folate: 83.67µg (20.92%), Calcium: 194.63mg (19.46%), Vitamin A: 953.19IU (19.06%), Vitamin B12: 1.08µg (17.93%), Vitamin B1: 0.26mg (17.64%), Vitamin B5: 1.74mg (17.4%), Vitamin D: 2.3µg (15.34%), Manganese: 0.3mg (14.88%), Potassium: 508mg (14.51%), Zinc: 1.83mg (12.18%), Fiber: 2.92g (11.69%), Vitamin B3: 2.26mg (11.3%), Magnesium: 39.9mg (9.98%), Copper: 0.18mg (9.16%), Vitamin E: 1.13mg (7.52%), Vitamin K: 6.74µg (6.42%)