



Slow-Cooker Mexican Breakfast Casserole

 Gluten Free

READY IN



270 min.

SERVINGS



8

CALORIES



474 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 lb sausage sweet italian cooked drained
- 9 corn tortillas
- 8 eggs
- 1.5 cups milk
- 1 chipotles in adobo seeded finely chopped
- 1 bell pepper red chopped
- 0.8 cup spring onion sliced
- 8 oz pepper jack cheese shredded

- 2 tablespoons cilantro leaves fresh chopped
- 1 cup salsa thick

Equipment

- bowl
- knife
- whisk
- aluminum foil
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray.
- Place 3 tortillas in slow cooker, tearing if needed to cover bottom.
- In medium bowl, beat eggs, milk and chile with whisk. Reserve 2 tablespoons chopped bell pepper, 2 tablespoons green onions and 3/4 cup cheese; set aside.
- Top tortillas in slow cooker with half of the sausage, remaining bell pepper, green onions and cheese. Repeat layers. Top with remaining 3 tortillas, tearing if needed to cover mixture.
- Pour egg mixture over tortillas.
- Cover; cook on Low heat setting 4 to 5 hours or on High heat setting 2 to 3 hours or until temperature reaches 160°F and center is set.
- Sprinkle with reserved cheese, bell pepper, green onions and the cilantro.
- Remove foil before serving by loosening edges with table knife.
- Serve with salsa and avocado slices, if desired.

Nutrition Facts

 **PROTEIN 20.64%** **FAT 62.4%** **CARBS 16.96%**

Properties

Glycemic Index:29.94, Glycemic Load:6.95, Inflammation Score:-7, Nutrition Score:20.036087160525%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 473.62kcal (23.68%), Fat: 32.96g (50.71%), Saturated Fat: 14.18g (88.65%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 16.98g (6.17%), Sugar: 4.97g (5.52%), Cholesterol: 237.49mg (79.16%), Sodium: 892.95mg (38.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.05%), Selenium: 34.7µg (49.57%), Phosphorus: 449.34mg (44.93%), Calcium: 343.26mg (34.33%), Vitamin B2: 0.52mg (30.57%), Vitamin B1: 0.42mg (28.11%), Vitamin C: 22.58mg (27.37%), Vitamin A: 1252.35IU (25.05%), Vitamin B6: 0.47mg (23.28%), Vitamin B12: 1.39µg (23.17%), Vitamin K: 22.79µg (21.7%), Zinc: 3.14mg (20.95%), Vitamin B3: 2.95mg (14.74%), Potassium: 491.79mg (14.05%), Magnesium: 55.98mg (14%), Vitamin B5: 1.35mg (13.46%), Iron: 2.39mg (13.27%), Fiber: 3.17g (12.7%), Folate: 45.99µg (11.5%), Manganese: 0.21mg (10.72%), Vitamin D: 1.55µg (10.36%), Vitamin E: 1.33mg (8.84%), Copper: 0.16mg (8.16%)