



Southwest Breakfast Strata

READY IN



40 min.

SERVINGS



8

CALORIES



662 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 ounces colby cheese shredded
- ☐ 20 ounce canned tomatoes diced green canned
- ☐ 6 large eggs
- ☐ 8 10-inch flour tortilla ()
- ☐ 0.5 bell pepper green chopped
- ☐ 1 pound sausage meat
- ☐ 2 cups milk
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon pepper

☐ 1 teaspoon salt

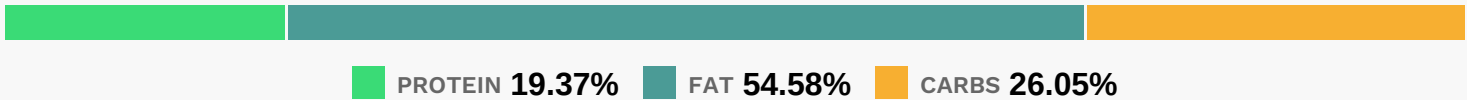
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook sausage in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink.
- ☐ Drain and return to skillet.
- ☐ Add chopped onion and bell pepper to sausage in skillet, and saut over medium-high heat 5 minutes or until vegetables are tender. Stir in tomatoes and green chiles; reduce heat and simmer 10 minutes.
- ☐ Layer half each of tortilla pieces, sausage mixture, and cheese in a lightly greased 13- x 9-inch baking dish. Repeat layers.
- ☐ Whisk together eggs, milk, salt, and pepper; pour over layers in baking dish. Cover and chill up to 8 hours, if desired.
- ☐ Bake, lightly covered with aluminum foil, at 350 for 30 minutes or until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:12.22, Inflammation Score:-7, Nutrition Score:24.283913073332%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 661.69kcal (33.08%), Fat: 39.92g (61.42%), Saturated Fat: 17.95g (112.2%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 39.4g (14.33%), Sugar: 8.13g (9.03%), Cholesterol: 228.04mg (76.01%), Sodium: 1507.45mg (65.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.87g (63.74%), Phosphorus: 568.63mg (56.86%), Calcium: 520.09mg (52.01%), Selenium: 34.57µg (49.38%), Vitamin B2: 0.73mg (42.66%), Vitamin B1: 0.6mg (40.26%), Vitamin B3: 6.44mg (32.22%), Iron: 4.9mg (27.2%), Zinc: 3.77mg (25.11%), Vitamin B12: 1.5µg (24.97%), Folate: 99.74µg (24.94%), Manganese: 0.46mg (22.92%), Vitamin B6: 0.46mg (22.78%), Vitamin A: 877.84IU (17.56%), Potassium: 586.12mg (16.75%), Vitamin C: 13.62mg (16.5%), Vitamin D: 2.41µg (16.09%), Vitamin B5: 1.49mg (14.9%), Magnesium: 55.85mg (13.96%), Fiber: 3.47g (13.86%), Copper: 0.21mg (10.74%), Vitamin K: 9.56µg (9.1%), Vitamin E: 1.16mg (7.76%)