



## Southwestern Egg Bake

 Vegetarian

READY IN



36 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups cornbread
- 15.3 ounces corn whole drained canned
- 4 oz chilis green undrained chopped canned
- 0.5 cup cream sour
- 7 eggs
- 4 ounces monterrey jack cheese shredded
- 1 serving salsa

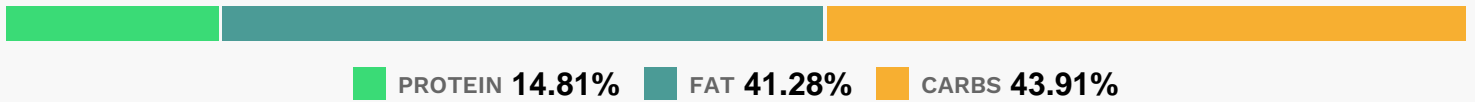
## Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 400°F. Spray rectangular baking dish, 13x9x2 inches, with cooking spray.
- Mix stuffing, corn, chilies, sour cream and 1 egg in large bowl.
- Spread evenly in baking dish.
- Make 6 indentations in stuffing mixture with back of spoon. Break 1 egg into each indentation. Pierce yolk of each egg with fork.
- Bake uncovered 20 to 25 minutes or until egg whites and yolks are firm, not runny.
- Sprinkle cheese over stuffing mixture.
- Bake 2 to 3 minutes longer or until cheese is melted.
- Serve with salsa.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:15.615652177645%

## Nutrients (% of daily need)

Calories: 500.94kcal (25.05%), Fat: 22.97g (35.34%), Saturated Fat: 10.26g (64.11%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 52.74g (19.18%), Sugar: 13.76g (15.29%), Cholesterol: 264.04mg (88.01%), Sodium: 892.09mg (38.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.09%), Phosphorus: 541.8mg (54.18%), Selenium: 26.17µg (37.39%), Calcium: 305.3mg (30.53%), Vitamin B2: 0.5mg (29.22%), Folate: 103.37µg (25.84%), Iron: 2.94mg (16.33%), Vitamin A: 722.27IU (14.45%), Vitamin B12: 0.84µg (13.92%), Vitamin B5: 1.38mg (13.75%), Zinc: 2.05mg (13.67%), Vitamin B1: 0.19mg (12.77%), Manganese: 0.24mg (12%), Vitamin B3: 2.39mg (11.96%), Vitamin B6: 0.21mg (10.46%), Vitamin C: 8.04mg (9.75%), Potassium: 333.69mg (9.53%), Magnesium: 36.07mg (9.02%), Fiber: 2.23g (8.92%), Vitamin D: 1.14µg (7.6%), Vitamin E: 1.13mg (7.52%), Copper: 0.13mg (6.49%), Vitamin K: 4.06µg (3.86%)