



## Southwestern Egg Bake

 Vegetarian

READY IN



36 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 ounces chilis green undrained chopped canned
- 7 eggs
- 4 ounces monterrey jack cheese shredded
- 6 servings salsa
- 0.5 cup cream sour
- 2 cups pepperidge farm sage and onion stuffing stuffing
- 15.3 ounces corn whole drained canned

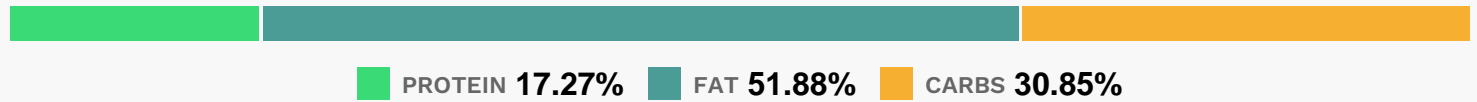
### Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 400F. 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:-6, Nutrition Score:15.616956731547%

## Nutrients (% of daily need)

Calories: 366.92kcal (18.35%), Fat: 21.21g (32.63%), Saturated Fat: 8.48g (52.99%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 25.5g (9.27%), Sugar: 3.56g (3.96%), Cholesterol: 219.09mg (73.03%), Sodium: 923.35mg (40.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.77%), Selenium: 52.76µg (75.37%), Phosphorus: 270.24mg (27.02%), Vitamin B2: 0.44mg (25.84%), Calcium: 228.49mg (22.85%), Folate: 88.34µg (22.08%), Vitamin A: 931IU (18.62%), Vitamin E: 1.98mg (13.23%), Iron: 2.35mg (13.06%), Zinc: 1.76mg (11.76%), Fiber: 2.87g (11.48%), Vitamin C: 9.28mg (11.24%), Vitamin B12: 0.66µg (11.01%), Vitamin B6: 0.22mg (10.93%), Vitamin K: 11.39µg (10.85%), Vitamin B3: 2.11mg (10.55%), Manganese: 0.21mg (10.39%), Vitamin B5: 1.03mg (10.28%), Potassium: 349.61mg (9.99%), Vitamin B1: 0.14mg (9.47%), Magnesium: 34.76mg (8.69%), Vitamin D: 1.14µg (7.6%), Copper: 0.14mg (6.88%)