



Southwestern Egg Casserole

 Gluten Free

READY IN



57 min.

SERVINGS



8

CALORIES



439 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 20 oz tomatoes and chiles diced green undrained canned
- ☐ 6 large eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 bell pepper green chopped
- ☐ 1 pound mild ground pork sausage
- ☐ 2 cups milk
- ☐ 12 oz monterrey jack cheese shredded with peppers or monterey jack cheese
- ☐ 1 small onion chopped

- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

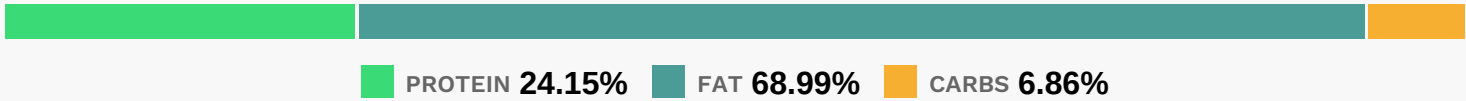
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

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; saut over medium heat 5 minutes or until vegetables are tender. Stir in tomatoes and green chiles; reduce heat. Cover and simmer 10 minutes.
- ☐ Layer half each of tortilla pieces, sausage mixture, and cheese in a lightly greased 13" x 9" baking dish. Repeat layers.
- ☐ Whisk together eggs and next 3 ingredients; pour over layers in dish.
- ☐ Bake, uncovered, at 350 for 25 to 30 minutes or until lightly browned and set in center.
- ☐ Sprinkle with cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:16.756086805592%

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: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 438.67kcal (21.93%), Fat: 33.57g (51.64%), Saturated Fat: 15.44g (96.5%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.47g (2.35%), Sugar: 5.53g (6.14%), Cholesterol: 225.49mg (75.16%), Sodium: 990.78mg (43.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.87%), Calcium: 444.16mg (44.42%), Phosphorus: 419.14mg (41.91%), Vitamin B2: 0.54mg (31.47%), Selenium: 18.96µg (27.09%), Vitamin B12: 1.5µg (24.97%), Zinc: 3.37mg (22.46%), Vitamin B6: 0.41mg (20.75%), Vitamin B1: 0.25mg (16.81%), Vitamin B3: 3.36mg (16.78%), Vitamin C: 13.75mg (16.67%), Vitamin A: 815.9IU (16.32%), Vitamin D: 2.41µg (16.09%), Vitamin B5: 1.38mg (13.79%), Potassium: 481.67mg (13.76%), Iron: 2.35mg (13.04%), Magnesium: 41.01mg (10.25%), Folate: 34.25µg (8.56%), Vitamin E: 1.17mg (7.78%), Copper: 0.14mg (6.94%), Manganese: 0.11mg (5.71%), Vitamin K: 5.98µg (5.7%), Fiber: 1.03g (4.12%)