



Tortilla Casserole with Smoked Sausage

READY IN



320 min.

SERVINGS



6

CALORIES



571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 eggs
- 2 cups milk
- 12.5 oz old el taco dinner kit soft
- 2 andouille sausage smoked chopped
- 2.3 oz olives ripe drained sliced canned
- 4 oz chilis green drained chopped canned
- 4 oz pepper jack cheese shredded
- 1 cup salsa thick

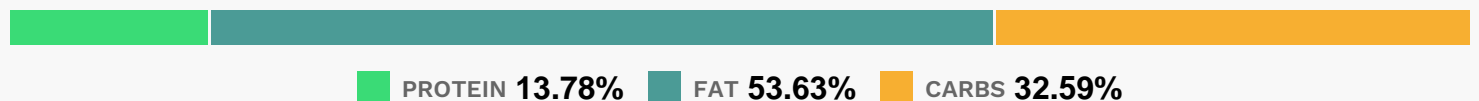
Equipment

- bowl
- frying pan
- oven
- whisk
- aluminum foil

Directions

- Spray ovenproof 10- or 12-inch cast-iron skillet with cooking spray.
- In large bowl, beat eggs, milk and taco seasoning (from dinner kit) with whisk until well blended.
- In a medium bowl, mix smoked sausage, ripe olives, chopped green chiles and 3/4 cup of the cheese.
- Pour about 1/2 cup milk mixture into skillet. Arrange 5 tortillas (from dinner kit) in bottom of skillet, overlapping slightly.
- Spread half of the sausage mixture over tortillas, then top with about half of the milk mixture. Arrange remaining 5 tortillas and sausage mixture on top, then pour rest of milk mixture over to cover.
- Scatter remaining 1/4 cup cheese over casserole.
- Drizzle with taco sauce (from dinner kit).
- Spray sheet of foil with cooking spray; place sprayed side down over skillet. Cover; refrigerate at least 4 hours but no longer than 24 hours.
- Heat oven to 350°F. Uncover skillet, and bake 40 to 45 minutes or until puffed, golden brown and eggs are set.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:18.38, Inflammation Score:-5, Nutrition Score:15.16956513861%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 570.63kcal (28.53%), Fat: 34.22g (52.64%), Saturated Fat: 18.84g (117.78%), Carbohydrates: 46.8g (15.6%), Net Carbohydrates: 44.76g (16.28%), Sugar: 34.83g (38.7%), Cholesterol: 161.12mg (53.71%), Sodium: 922.07mg (40.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.27mg (2.76%), Protein: 19.78g (39.56%), Calcium: 357.73mg (35.77%), Phosphorus: 353.03mg (35.3%), Selenium: 21.34µg (30.49%), Vitamin B2: 0.5mg (29.59%), Vitamin B12: 1.4µg (23.39%), Vitamin A: 765.95IU (15.32%), Potassium: 527.08mg (15.06%), Vitamin B5: 1.44mg (14.36%), Vitamin B1: 0.2mg (13.66%), Vitamin B6: 0.27mg (13.57%), Zinc: 1.98mg (13.19%), Magnesium: 52.18mg (13.05%), Vitamin D: 1.9µg (12.68%), Vitamin B3: 2.4mg (11.98%), Vitamin E: 1.73mg (11.54%), Iron: 1.99mg (11.05%), Copper: 0.21mg (10.72%), Folate: 37.94µg (9.48%), Vitamin C: 7.29mg (8.83%), Fiber: 2.04g (8.17%), Manganese: 0.12mg (6.13%), Vitamin K: 5.84µg (5.57%)