



## Tortilla Casserole with Smoked Sausage

READY IN



320 min.

SERVINGS



6

CALORIES



571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

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

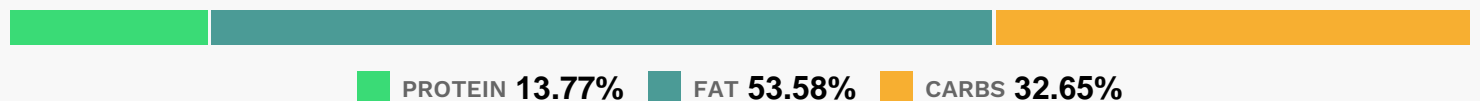
## Equipment

- 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 350F. 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:-6, Nutrition Score:15.266521847766%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 571.13kcal (28.56%), Fat: 34.23g (52.65%), Saturated Fat: 18.85g (117.78%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 44.83g (16.3%), Sugar: 34.83g (38.7%), Cholesterol: 161.12mg (53.71%), Sodium: 931.45mg (40.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.27mg (2.76%), Protein: 19.8g (39.59%), Calcium: 358.58mg (35.86%), Phosphorus: 353.29mg (35.33%), Selenium: 21.35µg (30.5%), Vitamin B2: 0.5mg (29.63%), Vitamin B12: 1.4µg (23.39%), Vitamin A: 768.93IU (15.38%), Potassium: 529.75mg (15.14%), Vitamin B5: 1.44mg (14.38%), Vitamin B6: 0.27mg (13.71%), Vitamin B1: 0.21mg (13.67%), Zinc: 1.98mg (13.21%), Magnesium: 52.28mg (13.07%), Vitamin D: 1.9µg (12.68%), Vitamin B3: 2.41mg (12.05%), Vitamin E: 1.73mg (11.54%), Iron: 2.02mg (11.23%), Copper: 0.21mg (10.72%), Vitamin C: 8.1mg (9.81%), Folate: 39.21µg (9.8%), Fiber: 2.08g (8.33%), Manganese: 0.12mg (6.13%), Vitamin K: 5.84µg (5.57%)