



Zucchini and Green Chile Egg Breakfast Casserole



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 cup cheddar cheese grated ()
- ☐ 1 cup curd cottage cheese
- ☐ 10 eggs
- ☐ 4 ounce chilies green drained canned ()
- ☐ 6 servings salt and pepper to taste
- ☐ 1.5 cup zucchini grated drained (, squeezed and)

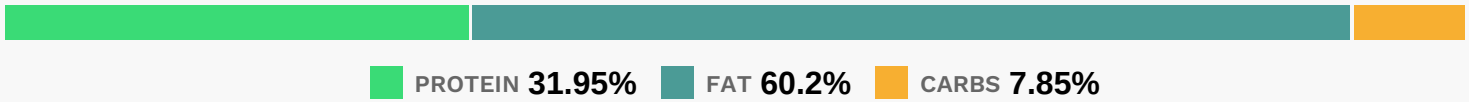
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix everything in a bowl.
- ☐ Pour the mixture into a greased 8 inch square baking pan.
- ☐ Bake in a preheated 375F oven until the eggs are firmly set and golden brown on top, about 25-35 minutes.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:11.806956555532%

Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 226.38kcal (11.32%), Fat: 14.98g (23.05%), Saturated Fat: 6.54g (40.87%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.67g (2.97%), Cholesterol: 297.58mg (99.19%), Sodium: 596.76mg (25.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.89g (35.78%), Selenium: 31.3µg (44.72%), Phosphorus: 298.89mg (29.89%), Vitamin B2: 0.5mg (29.67%), Calcium: 208.35mg (20.83%), Vitamin B12: 1µg (16.71%), Vitamin B5: 1.46mg (14.6%), Vitamin A: 695.71IU (13.91%), Folate: 50.06µg (12.52%), Zinc: 1.88mg (12.51%), Vitamin D: 1.61µg (10.76%), Vitamin B6: 0.2mg (10.21%), Vitamin C: 7.82mg (9.48%), Iron: 1.45mg (8.08%), Potassium: 233.05mg (6.66%), Vitamin E: 0.98mg (6.51%), Magnesium: 22.27mg (5.57%), Copper: 0.09mg (4.29%), Manganese: 0.08mg (3.92%), Vitamin B1: 0.06mg (3.88%), Fiber: 0.93g (3.73%), Vitamin K: 2.01µg (1.91%), Vitamin B3: 0.24mg (1.2%)