

Southwestern Egg Casserole

Yield: 11 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-mexican-breakfast-casserole-with-salsa>

Ingredients:

- 18 eggs
- 4 ounces diced green chiles Anaheim chiles, not jalapenos
- 14 1/2 ounces diced tomatoes very well drained
- organic tomatoes I recommend Muir Glen or Dei Fratelli
- Spike Seasoning to taste, about 2 tsp. for me
- 12 ounces grated cheese I use low-fat sharp cheddar or Four cheese Mexican Blend, also low-fat
- 3 tablespoons sliced green onions thinly, optional but good
- sour cream for serving, I use light sour cream
- salsa for serving

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 380 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 19 grams
7. SaturatedFat: 9 grams
8. Sodium: 370 milligrams
9. Sugar: 3 grams

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