

Mexican Quiche

La Posada de Taos - Taos, NM
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 12

- 15 eggs*
- 1/2 pound Cheddar cheese, grated*
- 1/2 pound Monterey Jack cheese, grated*
- 1 pint cottage cheese*
- 1 can (7 ounce) green chilies, chopped*
- 1/2 cup flour*
- 1 teaspoon baking powder*
- red salsa (for topping)*
- sour cream (for topping)*
- chopped green onions (for topping)*

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Preheat the oven to 350 degrees.

In a large mixing bowl, combine all of the ingredients. Mix well.

Pour into a greased 13x9-inch baking dish (or three large casseroles).

Bake for 45 minutes or until a knife inserted in the center comes out clean and the mixture is set.

Cut in squares and serve. Pass the toppings.

Per Serving (excluding unknown items): 292 Calories; 19g Fat (59.4% calories from fat); 23g Protein; 6g Carbohydrate; trace Dietary Fiber; 305mg Cholesterol; 500mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 2 Fat; 0 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	292
% Calories from Fat:	59.4%
% Calories from Carbohydrates:	8.7%
% Calories from Protein:	31.9%
Total Fat (g):	19g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	305mg
Carbohydrate (g):	6g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	43mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 23g
Sodium (mg): 500mg
Potassium (mg): 160mg
Calcium (mg): 359mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 711IU
Vitamin A (r.e.): 209 1/2RE

Grain (Starch): 1/2
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 292 **Calories from Fat:** 174

% Daily Values*

Total Fat	19g	29%
	Saturated Fat 10g	50%
Cholesterol	305mg	102%
Sodium	500mg	21%
Total Carbohydrates	6g	2%
	Dietary Fiber trace	1%
Protein	23g	

Vitamin A	14%
Vitamin C	0%
Calcium	36%
Iron	10%

** Percent Daily Values are based on a 2000 calorie diet.*