

Mexican Souffle

Church Hill Inn - Sistersville, WV
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

4 to 6 slices bread, cubed
2 cups Swiss cheese, grated
2 cups Monterey Jack cheese, grated
3 ounces chilies, drained and chopped
chopped onion (optional)
chopped tomato (optional)
6 eggs
2 cups milk
1/2 teaspoon salt
1/2 teaspoon oregano
1/4 teaspoon garlic powder
1 1/2 teaspoons paprika

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Layer half of the bread cubes in a greased 11x7-inch pan. Cover with the cheeses, chilies and optional onions or tomatoes.

In a bowl, whisk together the eggs, milk and spices. Top the cheeses with the remaining bread cubes. Pour the egg mixture over the bread and cheese. Cover and chill overnight.

Bake at 350 degrees for 45 to 50 minutes.

Cut in squares.

Per Serving (excluding unknown items): 454 Calories; 30g Fat (60.2% calories from fat); 30g Protein; 14g Carbohydrate; 1g Dietary Fiber; 291mg Cholesterol; 678mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Non-Fat Milk; 3 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	454	Vitamin B6 (mg):	.2mg
% Calories from Fat:	60.2%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	12.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	27.0%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	30g	Folacin (mcg):	44mcg
Saturated Fat (g):	17g	Niacin (mg):	1mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	291mg	% Refuse:	n n%

Carbohydrate (g):	14g
Dietary Fiber (g):	1g
Protein (g):	30g
Sodium (mg):	678mg
Potassium (mg):	299mg
Calcium (mg):	790mg
Iron (mg):	2mg
Zinc (mg):	4mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1381IU
Vitamin A (r.e.):	340RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 454 Calories from Fat: 273

% Daily Values*

Total Fat 30g	46%
Saturated Fat 17g	86%
Cholesterol 291mg	97%
Sodium 678mg	28%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	2%
Protein 30g	
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Vitamin A	28%
Vitamin C	2%
Calcium	79%
Iron	11%

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