



Beef Chilaquiles

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small avocado cut into wedges
- 29 oz tomatoes diced undrained canned
- 0.3 cup knudsen cream sour
- 1.5 lb extra-lean ground beef
- 1 cup cilantro leaves fresh divided
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 onion divided sliced

- 0.5 lb roasted poblano chiles deveined peeled
- 5 oz tostada shells

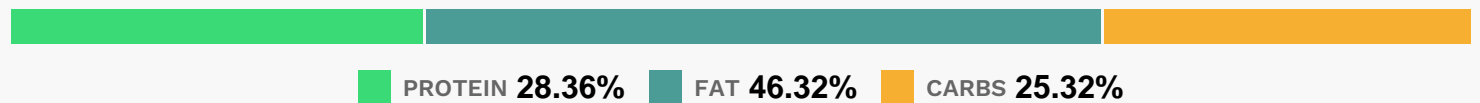
Equipment

- frying pan
- blender

Directions

- Reserve 2 Tbsp. cilantro; place remaining cilantro in blender.
- Add tomatoes, dressing, chiles and half the onions; blend until smooth.
- Brown meat in large nonstick skillet; drain, reserving meat in skillet. Stir in tostada pieces and tomato mixture; cook on medium–low heat 8 min., stirring occasionally. Top with cheese; cover. Cook on low heat 3 min. or until melted.
- Serve topped with sour cream, remaining onions, avocados and reserved cilantro.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:5.247826129846%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 91.19kcal (4.56%), Fat: 4.78g (7.36%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 4.68g (1.7%), Sugar: 1.38g (1.53%), Cholesterol: 17.96mg (5.99%), Sodium: 129.64mg (5.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.17%), Vitamin C: 9.74mg (11.81%), Zinc: 1.43mg (9.5%), Vitamin B12: 0.54µg (9.07%), Vitamin B6: 0.18mg (9.04%), Phosphorus: 85.54mg (8.55%), Vitamin B3: 1.69mg

(8.43%), Selenium: 4.8µg (6.86%), Potassium: 203.02mg (5.8%), Vitamin K: 5.69µg (5.42%), Iron: 0.97mg (5.4%), Vitamin B2: 0.08mg (4.96%), Calcium: 48.92mg (4.89%), Fiber: 1.2g (4.81%), Magnesium: 16.01mg (4%), Manganese: 0.07mg (3.38%), Vitamin B1: 0.05mg (3.38%), Copper: 0.07mg (3.27%), Vitamin E: 0.49mg (3.26%), Vitamin B5: 0.31mg (3.07%), Vitamin A: 140.46IU (2.81%), Folate: 11.03µg (2.76%)