



Black Bean and Chicken Chilaquiles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 cups chicken breast shredded cooked
- ☐ 15 6-inch corn tortillas cut into 1-inch strips ()
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 5 garlic cloves minced
- ☐ 1 cup onion thinly sliced
- ☐ 4 ounces queso blanco shredded
- ☐ 7.8 ounce salsa de chile fresco canned (such as El Pato)

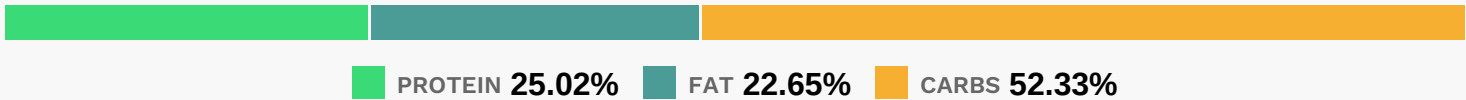
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; saut 5 minutes or until lightly browned.
- ☐ Add garlic; saut 1 minute.
- ☐ Add chicken; cook 30 seconds.
- ☐ Transfer mixture to a medium bowl; stir in beans.
- ☐ Add broth and salsa to pan; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally. Set aside.
- ☐ Place half of tortilla strips in bottom of an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Layer half of chicken mixture over tortillas; top with remaining tortillas and chicken mixture.
- ☐ Pour broth mixture evenly over chicken mixture.
- ☐ Sprinkle with cheese.
- ☐ Bake at 450 for 10 minutes or until tortillas are lightly browned and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:13.35, Inflammation Score:-6, Nutrition Score:16.666521689166%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 362.82kcal (18.14%), Fat: 9.29g (14.3%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 48.3g (16.1%), Net Carbohydrates: 38.1g (13.85%), Sugar: 4.45g (4.94%), Cholesterol: 49.17mg (16.39%), Sodium: 1042.43mg (45.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.1g (46.2%), Phosphorus: 550.01mg (55%), Fiber: 10.21g (40.83%), Vitamin B3: 5.76mg (28.81%), Selenium: 18.02µg (25.74%), Manganese: 0.51mg (25.34%), Vitamin B6: 0.51mg (25.27%), Magnesium: 90.57mg (22.64%), Potassium: 646.2mg (18.46%), Calcium: 173.33mg (17.33%), Iron: 3.05mg (16.96%), Zinc: 2.41mg (16.06%), Vitamin B2: 0.27mg (15.93%), Copper: 0.31mg (15.58%), Vitamin B1: 0.22mg (14.8%), Folate: 55.8µg (13.95%), Vitamin B5: 0.82mg (8.22%), Vitamin C: 5.44mg (6.59%), Vitamin A: 322.45IU (6.45%), Vitamin E: 0.64mg (4.24%), Vitamin B12: 0.21µg (3.52%), Vitamin K: 1.69µg (1.61%)