



Chicken Chilaquiles

READY IN



45 min.

SERVINGS



4

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ground pepper
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 2.5 tablespoons chili powder
- ☐ 0.5 cup cilantro leaves
- ☐ 3 tablespoons cooking oil
- ☐ 0.8 cup feta cheese crumbled
- ☐ 3 tablespoons flour
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.3 teaspoon pepper black
- ☐ 3.5 tablespoons paprika
- ☐ 1 onion red sliced thin
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds chicken breast boneless skinless (4 in all)
- ☐ 0.5 cup cream sour
- ☐ 1 teaspoon sugar
- ☐ 0.5 pound tortilla chips

Equipment

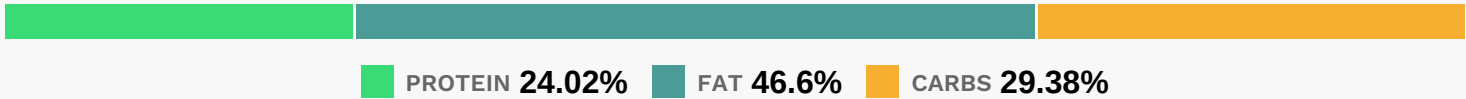
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a small bowl, combine the paprika, chili powder, cayenne, cumin, sugar, and 1/4 teaspoon of the salt.
- ☐ In a large saucepan, heat 2 tablespoons of the oil over moderately low heat.
- ☐ Add the flour and cook, whisking, until golden, about 3 minutes.
- ☐ Add the garlic; cook for 30 seconds.
- ☐ Add the paprika and chili powder mixture and then add the broth slowly, whisking, until smooth. Bring to a simmer. Simmer, covered, until thick enough to coat a spoon, about 25 minutes.
- ☐ Meanwhile, in a large frying pan, heat the remaining 1 tablespoon oil over moderate heat. Season the chicken with the remaining 1/4 teaspoon salt and the pepper and cook until browned and just done, about 5 minutes per side.
- ☐ Remove the chicken from the pan and let it rest for 5 minutes.
- ☐ Cut crosswise into slices.

- ☐
- Add the tortilla chips to the chile sauce and cook, stirring, until the chips are soft but not falling apart, about 2 minutes.
- ☐
- Put the sauce on plates and top with the feta, sour cream, onion, cilantro, and chicken.
- ☐
- Wine Recommendation: These forceful, varied flavors need a gutsy wine, and zinfandel will more than hold its own. Look for old-vine cuves from Sonoma's Dry Creek or Russian River valleys.

Nutrition Facts



Properties

Glycemic Index:86.27, Glycemic Load:5.03, Inflammation Score:-10, Nutrition Score:37.627391431643%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 763.55kcal (38.18%), Fat: 40.52g (62.34%), Saturated Fat: 10.47g (65.45%), Carbohydrates: 57.48g (19.16%), Net Carbohydrates: 49.72g (18.08%), Sugar: 4.89g (5.43%), Cholesterol: 138.76mg (46.25%), Sodium: 1123.56mg (48.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.99g (93.97%), Vitamin B3: 20.6mg (102.99%), Vitamin A: 5086.11IU (101.72%), Selenium: 59.88µg (85.55%), Vitamin B6: 1.68mg (84.13%), Phosphorus: 667.91mg (66.79%), Vitamin E: 8.12mg (54.1%), Vitamin B2: 0.7mg (40.9%), Vitamin K: 37.54µg (35.76%), Vitamin B5: 3.47mg (34.74%), Potassium: 1176.98mg (33.63%), Fiber: 7.76g (31.04%), Magnesium: 121.22mg (30.31%), Calcium: 286.46mg (28.65%), Iron: 4.65mg (25.85%), Zinc: 3.35mg (22.33%), Vitamin B1: 0.32mg (21.39%), Manganese: 0.35mg (17.47%), Vitamin B12: 1.02µg (16.92%), Copper: 0.33mg (16.29%), Folate: 45.08µg (11.27%), Vitamin C: 5.41mg (6.55%), Vitamin D: 0.26µg (1.76%)