



Chicken Chilaquiles

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 1 teaspoon chili powder
- ☐ 12 6-inch corn tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup green onions chopped
- ☐ 0.8 cup milk 1% low-fat

- ☐ 2 ounces monterrey jack cheese shredded with jalapeño peppers, divided
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 11 ounce tomatillos drained canned

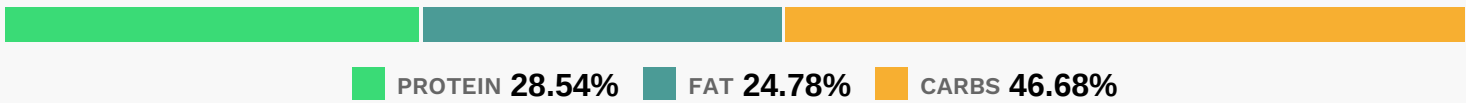
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine chicken, green onions, 1/4 cup Monterey Jack cheese, Parmesan, chili powder, salt, and pepper in a medium bowl.
- ☐ Place milk and next 3 ingredients (through chiles) in a food processor or blender; process until smooth.
- ☐ Heat tortillas according to package directions.
- ☐ Pour 1/3 cup tomatillo mixture into bottom of an 11 x 7-inch baking dish coated with cooking spray. Arrange 4 corn tortillas in dish, and top with half of chicken mixture. Repeat layer with remaining tortillas and chicken mixture, ending with tortillas.
- ☐ Pour remaining 1 1/2 cups tomatillo mixture over tortillas; sprinkle with remaining 1/4 cup Monterey Jack cheese.
- ☐ Bake at 375 for 20 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:15.32, Inflammation Score:-7, Nutrition Score:23.043478219405%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 375.56kcal (18.78%), Fat: 10.57g (16.26%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 44.79g (14.93%), Net Carbohydrates: 37.3g (13.56%), Sugar: 6.35g (7.06%), Cholesterol: 65mg (21.67%), Sodium: 551.58mg (23.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.77%), Phosphorus: 567.5mg (56.75%), Vitamin B3: 10.84mg (54.18%), Selenium: 33.3µg (47.57%), Vitamin B6: 0.87mg (43.71%), Vitamin K: 38.17µg (36.36%), Fiber: 7.5g (29.98%), Vitamin C: 23.55mg (28.55%), Calcium: 279.43mg (27.94%), Magnesium: 106.26mg (26.57%), Potassium: 805.15mg (23%), Manganese: 0.44mg (21.94%), Vitamin B2: 0.31mg (17.94%), Zinc: 2.46mg (16.39%), Vitamin B5: 1.52mg (15.16%), Vitamin A: 711.52IU (14.23%), Iron: 2.56mg (14.22%), Vitamin B1: 0.2mg (13.05%), Copper: 0.23mg (11.37%), Folate: 41.95µg (10.49%), Vitamin B12: 0.57µg (9.52%), Vitamin E: 1mg (6.68%), Vitamin D: 0.66µg (4.4%)