



Chicken Chilaquiles

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1071 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves packed
- ☐ 0.5 teaspoon coriander
- ☐ 4 ounces fromage frais
- ☐ 2 large garlic cloves
- ☐ 1 teaspoon ground cumin
- ☐ 1 large jalapeño—halved lengthwise stemmed seeded
- ☐ 6 ounces pepper jack cheese shredded
- ☐ 6 servings salt and pepper freshly ground

- ☐ 1 scallion sliced
- ☐ 3 cups meat from a rotisserie chicken shredded cooked at room temperature
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.5 pounds tomatillos-husked fresh rinsed halved
- ☐ 8 cups bag tortilla chips
- ☐ 2 tablespoons vegetable oil

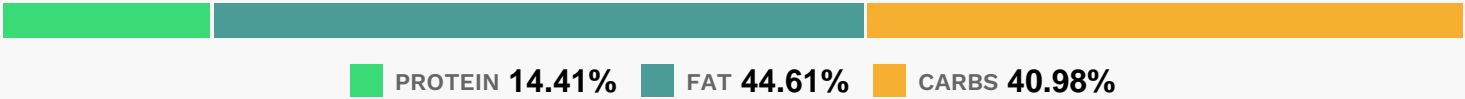
Equipment

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

Directions

- ☐ Preheat the oven to 45
- ☐ In a blender or food processor, puree the tomatillos, garlic, jalapeo and cilantro until smooth. In a large saucepan, heat the oil until shimmering.
- ☐ Add the cumin and coriander and cook over high heat until fragrant, 30 seconds.
- ☐ Add the tomatillo puree, bring to a boil and cook until the sauce loses its bright green color, 3 minutes. Season with salt and pepper.
- ☐ In a medium bowl, toss the chicken with 3/4 cup of the pepper Jack, the farmer cheese, scallion and half of the tomatillo sauce; season with salt and pepper. In another bowl, toss the tortilla chips with the remaining sauce.
- ☐ Spread half of the chips in an 8-by-11-inch baking dish; top with the chicken and cover with the remaining tortilla chips. Don't pack the chips down. Dollop the sour cream over the chips and sprinkle with the remaining 3/4 cup of pepper Jack.
- ☐ Bake for 15 minutes, or until the cheese is browned.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:27.724782876346%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 1071.06kcal (53.55%), Fat: 54.18g (83.36%), Saturated Fat: 13.76g (86.01%), Carbohydrates: 112.02g (37.34%), Net Carbohydrates: 101.39g (36.87%), Sugar: 6.29g (6.99%), Cholesterol: 89.62mg (29.87%), Sodium: 1000.45mg (43.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.74%), Phosphorus: 661.64mg (66.16%), Vitamin K: 59.39µg (56.56%), Vitamin B3: 9mg (45.02%), Magnesium: 177.19mg (44.3%), Vitamin E: 6.45mg (42.99%), Fiber: 10.63g (42.51%), Selenium: 29.19µg (41.69%), Calcium: 407.24mg (40.72%), Vitamin B6: 0.68mg (33.86%), Zinc: 4.35mg (29.03%), Vitamin B5: 2.78mg (27.78%), Iron: 4.38mg (24.33%), Potassium: 803.05mg (22.94%), Vitamin B2: 0.38mg (22.54%), Vitamin B1: 0.32mg (21.38%), Vitamin C: 17.02mg (20.63%), Copper: 0.3mg (14.96%), Manganese: 0.23mg (11.31%), Vitamin A: 535.25IU (10.71%), Folate: 37.91µg (9.48%), Vitamin B12: 0.46µg (7.64%), Vitamin D: 0.17µg (1.13%)