

Chicken Chilaquiles

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound chorizo
- 1 cup corn kernels frozen
- 19 ounce enchilada sauce green canned
- 2 cups monterrey jack cheese shredded
- 2 chicken breast halves boneless skinless cut into 1-inch cubes
- 0.5 cup cream sour
- 10 ounce tortilla chips

Equipment

- frying pan
- oven
- whisk
- mixing bowl
- casserole dish

Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Cook the chorizo in a skillet over medium heat, stirring to break it into tiny pieces.
- Place the raw chicken into the skillet with the chorizo; cook and stir the meats together until the chicken is no longer pink in the center, about 10 minutes.
- Spread half of the tortilla chips over the bottom of a casserole dish; top the chips with the cooked chorizo and chicken mixture.
- Sprinkle the corn evenly over the meats and layer the remaining chips over the top.
- Whisk together the green enchilada sauce and sour cream in a mixing bowl; pour over the top of the casserole. Top the casserole with the shredded Monterey Jack cheese.
- Bake the chilaquiles in the preheated oven until the casserole is bubbly and the chips begin to brown, 15 to 20 minutes.

Nutrition Facts

PROTEIN 18.77% **FAT 49.32%** **CARBS 31.91%**

Properties

Glycemic Index:6.88, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:10.553913043893%

Nutrients (% of daily need)

Calories: 414.47kcal (20.72%), Fat: 22.96g (35.32%), Saturated Fat: 9.32g (58.25%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 29.96g (10.89%), Sugar: 6.31g (7.01%), Cholesterol: 60.56mg (20.19%), Sodium: 948.88mg (41.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.31%), Phosphorus: 284.84mg (28.48%), Calcium: 264.85mg (26.49%), Selenium: 15.35µg (21.93%), Vitamin B3: 3.49mg (17.44%), Vitamin A: 825.28IU (16.51%), Vitamin B6: 0.31mg (15.54%), Fiber: 3.47g (13.87%), Magnesium: 48.84mg (12.21%), Vitamin B2: 0.21mg (12.1%), Zinc: 1.61mg (10.76%), Vitamin B5: 1mg (10.03%), Vitamin E: 1.45mg (9.67%), Iron: 1.59mg (8.83%), Vitamin K: 8.38µg (7.99%), Potassium: 236.93mg (6.77%), Vitamin B1: 0.08mg (5.49%), Vitamin B12: 0.32µg (5.35%), Folate:

18.91µg (4.73%), Copper: 0.06mg (3.02%), Vitamin C: 2.14mg (2.6%), Manganese: 0.03mg (1.61%), Vitamin D: 0.2µg (1.32%)