



Chicken Chilaquiles With Fried Eggs

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons ancho chile powder
- ☐ 1 bunch cilantro leaves separated
- ☐ 12 corn tortillas cut into 8 wedges
- ☐ 0.5 cup cotija cheese 6 radishes grated thinly sliced
- ☐ 6 large eggs
- ☐ 2 cloves garlic unpeeled
- ☐ 1 jalapeno halved lengthwise for less heat (remove seeds)
- ☐ 6 servings kosher salt

- ☐ 1 cup chicken broth low-sodium
- ☐ 0.3 cup crema mexicana sour
- ☐ 0.5 teaspoon oregano dried
- ☐ 6 plum tomatoes halved lengthwise
- ☐ 1 rotisserie chicken cut shredded skinless
- ☐ 1 tablespoon sesame seed
- ☐ 2 tablespoons vegetable oil for frying plus more
- ☐ 1 onion white quartered

Equipment

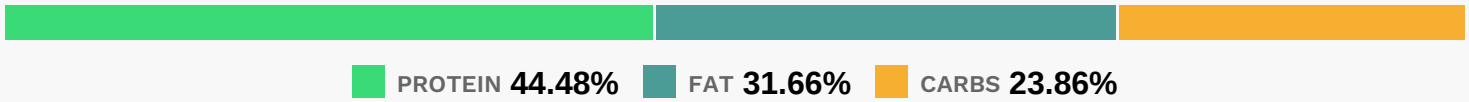
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon
- ☐ broiler pan

Directions

- ☐ Preheat the broiler.
- ☐ Place the tomatoes and jalapeno cut-side down on a foil-lined broiler pan.
- ☐ Add the onion and garlic and broil until blackened, 7 to 10 minutes. Peel the garlic.
- ☐ Meanwhile, heat about 1/2 inch vegetable oil in a deep saucepan over medium-high heat until a deep-fry thermometer registers 350 degrees F. Fry the tortillas in batches until light brown, about 1 minute.
- ☐ Remove with a slotted spoon and drain on paper towels; season lightly with salt while still hot.
- ☐ Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat.

- ☐ Add the sesame seeds and toast until golden, 2 to 3 minutes.
- ☐ Transfer to a blender along with the broiled vegetables, oregano, chile powder, 1 teaspoon salt and the cilantro stems. Puree until smooth.
- ☐ Heat the remaining 1 tablespoon vegetable oil in the same skillet over high heat.
- ☐ Add the puree and cook, stirring often, until thickened, 8 to 10 minutes. (Partially cover the skillet if the sauce starts to splatter.) Reduce the heat to medium.
- ☐ Add the chicken and broth and heat through, 3 to 4 minutes. Fold in the tortillas and cook until softened, about 1 minute. Keep warm while you fry the eggs.
- ☐ Divide the chilaquiles among plates. Top with the eggs, cheese, radishes and cilantro leaves.
- ☐ Drizzle with crema, if desired.
- ☐ Photographs by Con Poulos

Nutrition Facts



Properties

Glycemic Index:46.08, Glycemic Load:11.38, Inflammation Score:-9, Nutrition Score:31.866956793744%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 532.76kcal (26.64%), Fat: 19.1g (29.39%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 26.32g (9.57%), Sugar: 3.93g (4.36%), Cholesterol: 346.47mg (115.49%), Sodium: 1112.71mg (48.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.4g (120.8%), Selenium: 74.09µg (105.85%), Vitamin B3: 18.43mg (92.16%), Phosphorus: 769.41mg (76.94%), Vitamin B6: 0.97mg (48.38%), Vitamin A: 2232.59IU (44.65%), Vitamin B2: 0.66mg (38.76%), Vitamin B5: 3.39mg (33.88%), Potassium: 957.73mg (27.36%), Magnesium: 108.5mg (27.13%), Fiber: 6.08g (24.3%), Zinc: 3.62mg (24.13%), Manganese: 0.44mg (21.98%), Calcium: 219.08mg (21.91%), Vitamin E: 3.05mg (20.37%), Iron: 3.65mg (20.27%), Vitamin B12: 1.14µg (19.06%), Vitamin B1: 0.28mg (18.57%), Copper: 0.35mg (17.69%), Folate: 64.78µg (16.19%), Vitamin C: 13.32mg (16.15%), Vitamin K: 16.86µg (16.06%), Vitamin D: 1.05µg (7%)