



Chicken with Chilaquiles and Salsa Verde

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 3 tablespoons milk
- 2.5 cups chicken shredded skinless cooked (from a 2-lb rotisserie chicken,)
- 1.8 cups salsa verde (sometimes called tomatillo sauce; from a 16-oz jar)
- 0.3 cup cilantro leaves fresh chopped
- 1 cup cream sour
- 2 oz feta cheese crumbled
- 14 fl. oz. chicken broth reduced-sodium

- 0.3 teaspoon salt
- 1 cup tortilla chips low-fat, crushed or flavored (not baked,; from a 16-oz bag)

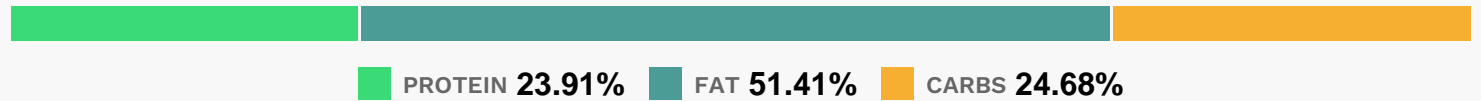
Equipment

- pot

Directions

- Stir together sour cream and just enough milk to get a thick pourable consistency.
- Bring salsa and broth to a boil in a 5- to 6-quart heavy pot over moderately high heat.
- Add chicken, salt, and pepper and cook, stirring, until chicken is heated through, 1 to 2 minutes, then stir in 6 cups tortilla chips and cook until chips are softened (but not mushy), about 1 minute.
- Transfer chilaquiles to a large platter.
- Sprinkle with feta, cilantro, and 1 cup broken chips and serve immediately, with thinned sour cream on the side.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:15.380000062611%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 503.56kcal (25.18%), Fat: 28.49g (43.83%), Saturated Fat: 10.48g (65.5%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 29.16g (10.6%), Sugar: 9.05g (10.06%), Cholesterol: 113.52mg (37.84%), Sodium: 1231.4mg (53.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.63%), Vitamin B3: 8.77mg (43.86%), Selenium: 27.27µg (38.96%), Phosphorus: 367.24mg (36.72%), Vitamin B6: 0.51mg (25.65%), Vitamin B2: 0.41mg (24.32%), Vitamin A: 1159.14IU (23.18%), Calcium: 188.22mg (18.82%), Potassium: 646.86mg (18.48%), Zinc: 2.48mg (16.54%), Vitamin B5: 1.57mg (15.71%), Magnesium: 53.83mg (13.46%), Vitamin B12: 0.78µg (12.97%), Iron: 1.88mg (10.43%), Vitamin K: 10.46µg (9.97%), Vitamin B1: 0.13mg (9%), Vitamin E: 1.29mg (8.61%), Copper: 0.15mg (7.48%), Fiber: 1.61g (6.45%), Vitamin C: 4.54mg (5.51%), Folate: 16.45µg (4.11%), Manganese: 0.05mg (2.31%),

Vitamin D: 0.18µg (1.2%)