



Chilaquiles

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



452 kcal

SIDE DISH

Ingredients

- 3 ancho chili pepper dried seeds removed
- 2 cups canola oil for frying
- 3 chicken shredded cooked (optional, see "Game plan" above)
- 20 6-inch corn tortillas stale cut into 8 wedges () (preferably)
- 0.3 cup crème fraîche sour
- 2 cups cilantro leaves fresh coarsely chopped
- 1 juice of lime juiced
- 2 teaspoons kosher salt

- 2 medium lime cut into wedges
- 0.5 cup chicken broth low-sodium
- 0.3 cup monterrey jack cheese shredded crumbled
- 3 medium radishes thinly sliced
- 3 serrano chiles coarsely chopped (seeds and membranes removed if you're heat-sensitive)
- 2 medium tomatoes cored coarsely chopped
- 1.5 cups onion white

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- pot
- blender
- stove
- slotted spoon

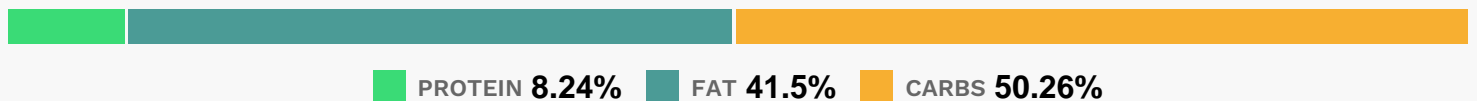
Directions

- Bring a small pot of water to a boil over high heat.
- Place ancho chiles in a single layer in a small frying pan and toast over medium heat until crispy and fragrant, about 4 minutes.
- Transfer chiles to a medium, heatproof bowl.
- Pour boiling water over chiles to completely cover them and soak until they are soft and pliant, at least 10 minutes.
- Drain chiles and place in the bowl of a blender or food processor along with tomatoes, 3/4 of the diced onion, the serrano chiles, and about 1 cup of the chopped cilantro.
- Add salt and chicken broth and blend until smooth.
- Heat oil in a large cast iron skillet or frying pan over medium-high heat until 350°F, about 10 minutes. Fry tortillas in 5 batches until they are crisp and have stopped furiously bubbling,

about 1 minute per batch.

- Remove with a slotted spoon to a paper-towel-lined baking sheet and sprinkle with salt. Carefully strain oil into a heatproof container. Wipe out the pan and return it to the stove over medium-high heat. Take 1/4 cup of the used oil and add it to the skillet (discard the remaining oil). When it is shimmering, carefully pour in blended chile mixture (it will bubble furiously) and fry it, stirring often, until it is fragrant and no longer raw-tasting, about 7 minutes. Reduce heat to medium low and stir in lime juice. Taste and, if necessary, adjust seasoning with salt.
- Add fried tortillas, stirring gently until they are softened and well-coated with sauce.
- Transfer chilaquiles to a serving platter and top with shredded chicken (if using), cheese, a drizzle of crème fraîche, radishes, and remaining diced onion and cilantro.
- Serve with lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:18.59, Inflammation Score:-10, Nutrition Score:22.395651851011%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 10.05mg, Hesperetin: 10.05mg, Hesperetin: 10.05mg, Hesperetin: 10.05mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg

Nutrients (% of daily need)

Calories: 452kcal (22.6%), Fat: 22.07g (33.95%), Saturated Fat: 3.58g (22.39%), Carbohydrates: 60.15g (20.05%), Net Carbohydrates: 47.56g (17.29%), Sugar: 11.76g (13.07%), Cholesterol: 10.22mg (3.41%), Sodium: 875.31mg (38.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.71%), Vitamin A: 5477.39IU (109.55%), Fiber: 12.59g (50.37%), Vitamin K: 50.32µg (47.92%), Phosphorus: 365.33mg (36.53%), Vitamin C: 25.24mg (30.59%), Manganese: 0.56mg (28.03%), Vitamin E: 3.9mg (25.98%), Magnesium: 92.85mg (23.21%), Vitamin B6: 0.46mg (23%), Potassium: 748.26mg (21.38%), Vitamin B2: 0.34mg (20.23%), Vitamin B3: 3.59mg (17.96%), Calcium: 149.98mg (15%), Iron: 2.68mg (14.88%), Copper: 0.26mg (13%), Zinc: 1.72mg (11.48%), Selenium: 7.43µg (10.61%), Vitamin B1: 0.15mg (9.7%), Folate: 35.24µg (8.81%), Vitamin B5: 0.49mg (4.89%), Vitamin B12: 0.08µg (1.34%)