



Chilaquiles

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



443 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cilantro leaves divided chopped
- ☐ 8 oz corn tortillas
- ☐ 3 garlic clove finely chopped
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.5 cup onion red chopped
- ☐ 0.3 pound pecorino crumbled
- ☐ 26 ounces salsa
- ☐ 0.5 cup cream sour

☐ 1 cup vegetable oil

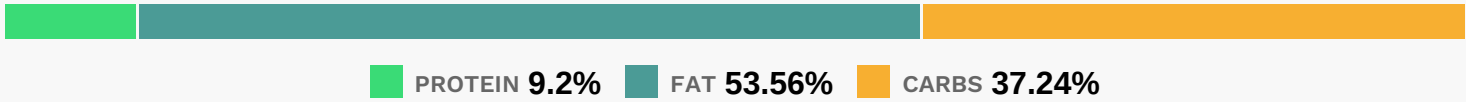
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ blender

Directions

- ☐ Stack tortillas and cut stack into 8 triangles.
- ☐ Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then fry tortillas in 6 batches, turning once, until golden brown, 3 to 5 minutes per batch.
- ☐ Drain on layers of paper towel.
- ☐ Purée salsa with 1/2 cup cilantro in a blender.
- ☐ Pour off all but 2 tablespoons oil from skillet, then cook garlic over medium heat, stirring occasionally, until pale golden, about 2 minutes.
- ☐ Add salsa mixture and cook, stirring, until sauce comes to a simmer, about 2 minutes.
- ☐ Whisk together sour cream, heavy cream, and 1/4 teaspoon salt.
- ☐ Spread tortillas on a platter, then spoon sauce over them.
- ☐ Drizzle with sour-cream mixture, then sprinkle with onion, cheese, and remaining 1/2 cup cilantro.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:11.83, Inflammation Score:-8, Nutrition Score:16.766521775204%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg,

Myricetin: 0.04mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 442.5kcal (22.12%), Fat: 27.55g (42.38%), Saturated Fat: 10.65g (66.53%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 35.69g (12.98%), Sugar: 9.92g (11.02%), Cholesterol: 48.23mg (16.08%), Sodium: 1274.1mg (55.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.3%), Vitamin K: 41.52µg (39.54%), Vitamin A: 1680.09IU (33.6%), Phosphorus: 323.43mg (32.34%), Fiber: 7.39g (29.55%), Vitamin B6: 0.54mg (26.78%), Vitamin E: 3.68mg (24.54%), Manganese: 0.48mg (23.93%), Calcium: 206.41mg (20.64%), Potassium: 719.78mg (20.57%), Magnesium: 79.1mg (19.78%), Selenium: 11.19µg (15.99%), Vitamin B3: 3.06mg (15.32%), Vitamin B2: 0.24mg (14.22%), Copper: 0.24mg (12.17%), Zinc: 1.65mg (11.01%), Iron: 1.77mg (9.82%), Vitamin B1: 0.15mg (9.77%), Vitamin C: 7.11mg (8.62%), Vitamin B5: 0.69mg (6.9%), Folate: 22.28µg (5.57%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.29µg (1.96%)