



## Chilaquiles

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



1

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 serving vegetable oil
- 4 corn tortillas (cut into strips)
- 1 serving salt (to taste)
- 1 handful cilantro leaves (chopped)
- 1 spring onion (thinly sliced)
- 1 jalapeño (seeded, chopped to taste)
- 1 serving salsa verde (green/red, if desired)
- 2 large eggs

1 serving queso fresco crumbled

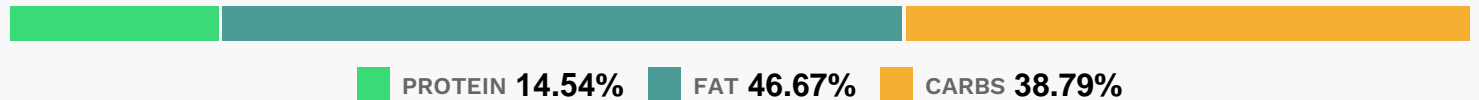
## Equipment

frying pan

## Directions

- Heat a cast-iron skillet over medium to medium-high heat.
- Add enough vegetable oil or lard to generously coat the bottom of the skillet.
- Add the tortilla strips and an ample pinch of salt, and stir to coat. The tortilla strips will first wilt, then crisp, which is exactly what you want. Taste one and, if desired, add more salt.
- Throw in a big handful of cilantro, scallions, and chopped jalapeños, and stir them around.
- Add a spoonful of red or green salsa if you like. Now add the beaten eggs, seasoned with salt and pepper.
- Mix and stir the eggs with the tortillas until the eggs are set.
- Sprinkle the chilaquiles with a little crumbled queso fresco.
- Serve straight from the skillet, if desired.

## Nutrition Facts



## Properties

Glycemic Index:146.5, Glycemic Load:20.47, Inflammation Score:-8, Nutrition Score:23.210869374483%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

## Nutrients (% of daily need)

Calories: 520.33kcal (26.02%), Fat: 27.31g (42.01%), Saturated Fat: 5.88g (36.77%), Carbohydrates: 51.07g (17.02%), Net Carbohydrates: 43.7g (15.89%), Sugar: 4.2g (4.67%), Cholesterol: 372.69mg (124.23%), Sodium: 624.36mg (27.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.28%), Vitamin K: 65.89µg (62.75%), Phosphorus: 538.41mg (53.84%), Selenium: 37.4µg (53.43%), Vitamin B2: 0.55mg (32.48%), Fiber: 7.37g (29.47%), Vitamin A: 1290.62IU (25.81%), Vitamin C: 21.16mg (25.64%), Vitamin B6: 0.47mg (23.52%), Magnesium: 92.67mg (23.17%), Vitamin E: 3.16mg (21.05%), Manganese: 0.42mg (20.88%), Iron: 3.32mg (18.44%), Zinc: 2.77mg (18.43%),

Vitamin B5: 1.73mg (17.26%), Folate: 66.21µg (16.55%), Calcium: 159.02mg (15.9%), Vitamin B12: 0.91µg (15.11%), Potassium: 486.41mg (13.9%), Vitamin D: 2.03µg (13.51%), Copper: 0.26mg (12.9%), Vitamin B1: 0.15mg (10.2%), Vitamin B3: 1.92mg (9.61%)