

Chilaquiles



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

Ingredients

- ☐ 4 servings avocado sliced roughly chopped
- ☐ 4 servings cilantro leaves chopped
- ☐ 4 servings corn oil
- ☐ 4 servings crème fraîche
- ☐ 4 servings queso fresco
- ☐ 4 servings onion red chopped
- ☐ 1.5 cups salsa verde red
- ☐ 4 servings salt

- ☐ 12 left out overnight to out a bit dry stale quartered cut into 6 wedges
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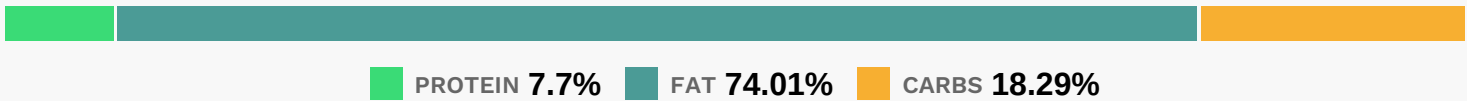
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a large sauté pan, coat pan generously with corn oil, (1/8 inch), heat on medium high to high. When the oil is quite hot, add the tortillas, fry until golden brown.
- ☐ Remove tortillas to a paper towel lined plate to soak up excess oil.
- ☐ Sprinkle a little salt on the tortillas. Wipe pan clean of any browned bits of tortillas. 2
- ☐ Add 2 Tbsp oil to pan, bring to high heat again.
- ☐ Add the salsa and let salsa cook for several minutes. If you have a few sprigs of epazote, add them to the salsa. Then add the fried tortilla quarters to the salsa. Gently turn over the pieces of tortilla until they are all well coated with salsa.
- ☐ Let cook for a few minutes more.
- ☐ Remove from heat.
- ☐ Serve chilaquiles with garnishes and fried eggs and beans or nopalitos.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.07, Inflammation Score:-7, Nutrition Score:13.488260841888%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

0.26mg

Nutrients (% of daily need)

Calories: 341.82kcal (17.09%), Fat: 28.82g (44.34%), Saturated Fat: 6.44g (40.26%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 9.31g (3.38%), Sugar: 6.47g (7.19%), Cholesterol: 34.65mg (11.55%), Sodium: 1214.18mg (52.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.49%), Fiber: 6.72g (26.88%), Folate: 90.85µg (22.71%), Vitamin B2: 0.38mg (22.57%), Vitamin K: 23.54µg (22.42%), Potassium: 677.66mg (19.36%), Vitamin B6: 0.39mg (19.28%), Calcium: 184.32mg (18.43%), Vitamin E: 2.72mg (18.14%), Vitamin A: 876.56IU (17.53%), Vitamin B5: 1.68mg (16.81%), Vitamin C: 13.32mg (16.15%), Phosphorus: 153.44mg (15.34%), Vitamin B3: 2.04mg (10.2%), Zinc: 1.51mg (10.04%), Copper: 0.2mg (10.02%), Magnesium: 34.83mg (8.71%), Vitamin B12: 0.51µg (8.45%), Manganese: 0.15mg (7.63%), Vitamin B1: 0.11mg (7.58%), Selenium: 4.91µg (7.01%), Iron: 0.75mg (4.17%)