



Chilaquiles

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups baked tortilla chips
- ☐ 2 tablespoons chipotle chile canned chopped
- ☐ 4 ounce chiles green undrained chopped canned
- ☐ 2.5 pounds chicken breast halves bone-in
- ☐ 56 ounce fire-roasted tomatoes diced undrained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 6 garlic cloves
- ☐ 1.3 cups bell pepper green chopped

- ☐ 1 tablespoon ground cumin
- ☐ 0.8 cup lower-sodium chicken broth fat-free
- ☐ 0.7 cup queso fresco crumbled
- ☐ 1.3 cups bell pepper red chopped
- ☐ 1.5 cups onion red chopped

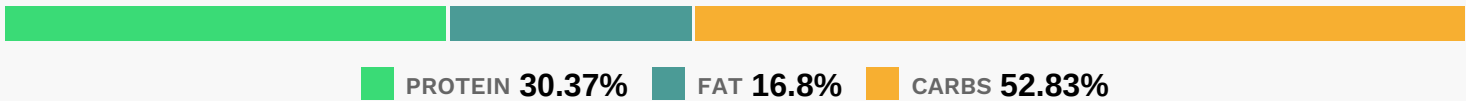
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add chicken to pan. Cook 3 minutes on each side or until browned.
- ☐ While chicken cooks, combine onion and next 9 ingredients (through green chiles) in a 5-quart electric slow cooker.
- ☐ Transfer chicken to slow cooker. Cover and cook on LOW for 4 hours.
- ☐ Remove chicken from slow cooker.
- ☐ Remove meat from bones; discard bones. Return meat to soup. Divide tortilla chips among 8 bowls. Ladle soup over tortilla chips; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:23.414347824843%

Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 457.43kcal (22.87%), Fat: 8.44g (12.98%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 59.69g (19.9%), Net Carbohydrates: 53.7g (19.53%), Sugar: 6.72g (7.47%), Cholesterol: 78.19mg (26.06%), Sodium: 759.84mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.31g (68.63%), Selenium: 47.35µg (67.64%), Vitamin B3: 12.49mg (62.43%), Vitamin C: 49.52mg (60.02%), Vitamin B6: 1.12mg (56.14%), Phosphorus: 475.01mg (47.5%), Vitamin A: 1496.16IU (29.92%), Magnesium: 96.91mg (24.23%), Fiber: 5.99g (23.96%), Potassium: 762.24mg (21.78%), Calcium: 212.64mg (21.26%), Vitamin B2: 0.32mg (19.06%), Vitamin B5: 1.77mg (17.75%), Iron: 3.07mg (17.03%), Vitamin B1: 0.24mg (16.2%), Zinc: 1.7mg (11.35%), Folate: 35.78µg (8.95%), Vitamin E: 1.09mg (7.25%), Manganese: 0.14mg (7.22%), Copper: 0.13mg (6.64%), Vitamin B12: 0.36µg (6.06%), Vitamin K: 4.11µg (3.92%), Vitamin D: 0.33µg (2.22%)