



Chilaquiles Breakfast Casserole

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



627 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 3 ancho chili pepper dried stemmed
- 2 medium avocado
- 28 ounce canned tomatoes whole peeled canned
- 1 teaspoon chili powder
- 13 ounce tortilla chips
- 7.5 ounces cotija cheese crumbled
- 0.5 cup cream sour
- 10 large eggs

- 2 medium garlic clove coarsely chopped
- 1 tablespoon hot sauce such as cholula or tapatío, plus more for serving mexican-style
- 2 jalapeno stemmed coarsely chopped
- 1 teaspoon kosher salt
- 2 tablespoons vegetable oil
- 0.5 medium onion white coarsely chopped
- 2.5 cups milk whole as needed plus more

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- baking pan
- slotted spoon

Directions

- Heat the oven to 350°F and arrange a rack in the middle. For the sauce: Bring a small saucepan of water to a boil over high heat. Meanwhile, place the chiles in a single layer in a large frying pan and toast over medium heat, flipping once, until crisp, fragrant, and starting to puff, about 4 minutes total.
- Add the chiles to the saucepan, remove from the heat, and let them soak until they're soft and pliant, at least 10 minutes. Reserve the frying pan (no need to wash it). Using a slotted spoon, transfer the chiles to a blender.
- Add the tomatoes and their juices, jalapeños, onion, garlic, and salt and blend until smooth; set aside.

- Heat the oil in the reserved frying pan over medium heat until shimmering.
- Add the sauce and simmer, stirring occasionally, until it has thickened slightly and the flavors have blended, about 10 minutes.
- Place the eggs in a large bowl and whisk until they're broken up.
- Add the measured milk, measured hot sauce, chili powder, and salt and whisk until evenly combined.
- Pour into a 13-by-9-inch baking dish.
- Place the chips in the bowl used for the egg mixture (no need to wipe it out), add the reserved chile sauce, and gently toss to coat.
- Transfer the chips to the baking dish and spread them into an even layer.
- Bake until the eggs are just set, about 30 minutes.
- Transfer the casserole to a wire rack. Halve and pit the avocados. Using a paring knife, score the flesh of the avocado halves in a 1/2-inch-wide crosshatch pattern (be careful not to cut through the skin). Using a spoon, scoop the avocado pieces out and sprinkle them over the casserole.
- Sprinkle the cheese over the avocado.
- Drizzle the crema evenly over the casserole (if your crema or sour cream is too thick to drizzle, mix it with milk, 1 teaspoon at a time, until it reaches the desired consistency).
- Serve with extra hot sauce.

Nutrition Facts

PROTEIN 13% **FAT 52.8%** **CARBS 34.2%**

Properties

Glycemic Index:24.25, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:31.234348048335%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg, Myricetin: 0.04mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 627.07kcal (31.35%), Fat: 38.17g (58.72%), Saturated Fat: 11.38g (71.14%), Carbohydrates: 55.64g (18.55%), Net Carbohydrates: 44.7g (16.25%), Sugar: 13.31g (14.79%), Cholesterol: 273.79mg (91.26%), Sodium: 1071.86mg (46.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.27%), Vitamin A: 4444.82IU (88.9%), Vitamin B2: 0.96mg (56.38%), Phosphorus: 475.74mg (47.57%), Fiber: 10.94g (43.74%), Vitamin K: 45.61µg (43.44%), Selenium: 28.15µg (40.21%), Calcium: 370.36mg (37.04%), Vitamin B6: 0.74mg (36.97%), Vitamin E: 5.05mg (33.69%), Vitamin B5: 3.06mg (30.62%), Vitamin C: 24.61mg (29.84%), Potassium: 1023.61mg (29.25%), Folate: 102.05µg (25.51%), Magnesium: 100.73mg (25.18%), Vitamin B12: 1.45µg (24.12%), Iron: 4.1mg (22.77%), Zinc: 3.2mg (21.34%), Vitamin B1: 0.27mg (18.15%), Vitamin B3: 3.6mg (18%), Manganese: 0.32mg (15.78%), Copper: 0.31mg (15.26%), Vitamin D: 2.2µg (14.63%)