



Chilaquiles Cha Cha Cha

READY IN



25 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 3 eggs
- ☐ 2 flour tortillas
- ☐ 0.5 bunch cilantro leaves fresh
- ☐ 6 servings cilantro leaves fresh chopped for garnish
- ☐ 2 tablespoons garlic chopped
- ☐ 4 cloves garlic
- ☐ 0.5 tablespoon ground cumin
- ☐ 6 servings ground cumin to taste
- ☐ 2 ounces mozzarella cheese grated

- ☐ 4 tablespoons olive oil
- ☐ 0.5 medium onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings oregano to taste
- ☐ 2 ounces parmesan grated
- ☐ 1 pound roma tomato ripe
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 serrano chilies
- ☐ 6 servings sugar to taste
- ☐ 1 pound tomatillos
- ☐ 6 servings jalapenos in vinegar to taste
- ☐ 0.3 onion yellow

Equipment

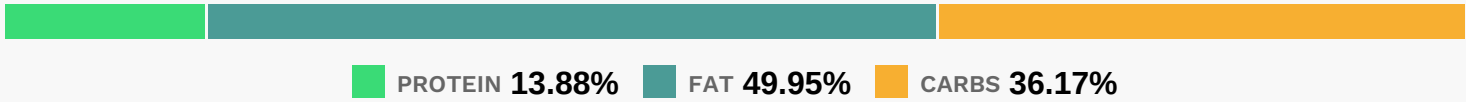
- ☐ food processor
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a 12-inch pan, heat the olive oil over high heat.
- ☐ Add the garlic and onions and cook until golden, about 5 minutes.
- ☐ In a food processor, pulse ingredients for tomatillo sauce for 15 seconds. Do the same for the orange tomato sauce.
- ☐ Cut the tortillas in half and cut each half into 4 triangles. Deep-fry in hot oil until golden crispy.
- ☐ Drain on paper towels and sprinkle with salt while hot.
- ☐ Add the salt, pepper, cumin and sauces to the pan. When sauce is hot, add the chips and the eggs and stir.

- ☐ Add the cheese just before serving.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:79.35, Glycemic Load:11.62, Inflammation Score:-9, Nutrition Score:15.320434777633%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 317.86kcal (15.89%), Fat: 18.19g (27.98%), Saturated Fat: 5.25g (32.78%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 25.72g (9.35%), Sugar: 18.4g (20.45%), Cholesterol: 95.73mg (31.91%), Sodium: 519.08mg (22.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.74%), Vitamin K: 31.79µg (30.28%), Vitamin C: 23.38mg (28.33%), Manganese: 0.5mg (24.99%), Calcium: 248.17mg (24.82%), Phosphorus: 233.33mg (23.33%), Vitamin A: 1095.22IU (21.9%), Selenium: 14.09µg (20.12%), Iron: 3.24mg (18.03%), Vitamin E: 2.65mg (17.67%), Fiber: 3.91g (15.63%), Potassium: 537.86mg (15.37%), Vitamin B2: 0.25mg (14.98%), Vitamin B6: 0.27mg (13.48%), Vitamin B3: 2.58mg (12.88%), Magnesium: 47.04mg (11.76%), Folate: 44.94µg (11.23%), Vitamin B1: 0.16mg (10.44%), Copper: 0.18mg (9.18%), Zinc: 1.37mg (9.12%), Vitamin B12: 0.52µg (8.74%), Vitamin B5: 0.66mg (6.59%), Vitamin D: 0.52µg (3.5%)