



Chilaquiles in Chipotle Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



335 kcal

SAUCE

Ingredients

- ☐ 6 servings canola oil for frying
- ☐ 6 servings chipotle sauce
- ☐ 18 6-inch diameter corn tortillas white cut into 8 triangles
- ☐ 1 cup crema mexicana sour
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 large epazote sprigs fresh stemmed
- ☐ 1 cup queso fresco crumbled
- ☐ 0.5 cup onion white chopped

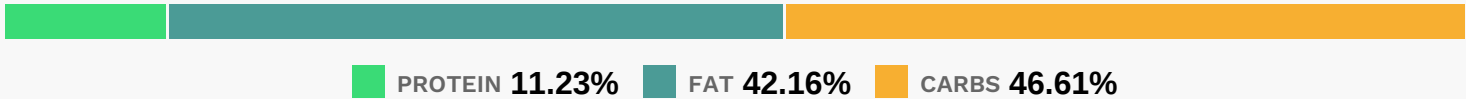
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Pour enough oil into large deep skillet to reach depth of 1 inch. Attach deep-fry thermometer; heat oil over medium-high heat to 350°F.
- ☐ Add 12 tortilla triangles at a time to oil. Fry until golden, turning occasionally, about 1 minute. Using slotted spoon, transfer chips to paper towels; cool.
- ☐ Heat Chipotle Sauce in another large deep skillet over medium-high heat.
- ☐ Add epazote; simmer 2 minutes. Season with salt; stir in chips. Immediately divide among 6 plates. Top with cilantro, then crema, queso fresco, and onion.
- ☐ *Cultured Mexican cream with a slightly nutty flavor and consistency of thin sour cream.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:15.37, Inflammation Score:-5, Nutrition Score:9.3247826721357%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 334.69kcal (16.73%), Fat: 16.08g (24.73%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 34.5g (12.54%), Sugar: 3.38g (3.76%), Cholesterol: 34.88mg (11.63%), Sodium: 352.47mg (15.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.27%), Phosphorus: 328.14mg (32.81%), Calcium: 246.54mg (24.65%), Fiber: 5.48g (21.93%), Magnesium: 63.33mg (15.83%), Manganese: 0.3mg (14.78%), Selenium: 8.77µg (12.52%), Zinc: 1.58mg (10.54%), Vitamin B6: 0.21mg (10.26%), Vitamin A: 432.97IU (8.66%),

Copper: 0.14mg (6.8%), Vitamin K: 6.39µg (6.08%), Vitamin B3: 1.21mg (6.04%), Vitamin B1: 0.09mg (5.93%), Iron: 1.06mg (5.9%), Potassium: 200.89mg (5.74%), Vitamin B12: 0.34µg (5.69%), Vitamin B2: 0.09mg (5.48%), Vitamin E: 0.82mg (5.46%), Vitamin D: 0.55µg (3.66%), Folate: 8.95µg (2.24%), Vitamin B5: 0.18mg (1.82%), Vitamin C: 1.36mg (1.65%)