

What She Ate

health-score68%
HEALTH SCORE

Chilaquiles in Green Sauce

Gluten FreeVery Healthy

READY IN

ready

75 min.

SERVINGS

servings

2

CALORIES

calories

1706 kcal

SAUCE

Ingredients

- ☐ 1 avocado sliced
- ☐ 2 cups chicken broth
- ☐ 1 chicken breast shredded boiled
- ☐ 10 corn tortillas
- ☐ 2 servings eggs
- ☐ 4 epazote leaves
- ☐ 2 cloves garlic
- ☐ 4 jalapeños green

- ☐ 2 cups olive oil
- ☐ 2 ounces queso fresco mexican cheese crumbled
- ☐ 2 servings refried beans
- ☐ 1 teaspoon salt
- ☐ 2 ounces cup heavy whipping cream sour
- ☐ 2 servings fat-trimmed beef flank steak
- ☐ 1 pound tomatillos
- ☐ 0.5 onion white sliced

Equipment

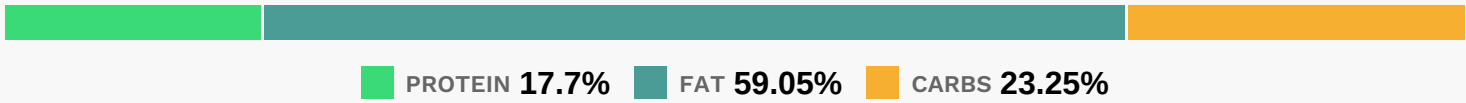
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Sauce preparation: Fill a medium saucepan halfway with water and boil the jalapenos over high heat for 15 minutes.
- ☐ Add the tomatillos and let them boil for another 5 minutes.
- ☐ Remove from the heat, drain and add cold water. Set aside to cool down for 15 minutes. Then drain and pour into a blender filled with 2 cups water.
- ☐ Add the garlic and salt and blend for about 3 minutes. Strain.
- ☐ In a medium saucepan over low heat, add 2 tablespoons of the olive oil and heat for 2 minutes. Then add the blended ingredients, chicken broth and epazote leaves. Then boil for 15 minutes.
- ☐ Heat the remaining olive oil in a frying pan over low heat.
- ☐ Cut the tortillas in 4 equal pieces and lightly fry them until golden.
- ☐ Add the tortillas to the sauce while boiling for 10 minutes. Stir until cooked through.
- ☐ Place the tortillas on a plate (5 tortillas each plate).

- ☐ Layer each serving with half the sour cream, shredded chicken, queso fresco, onions and avocados.
- ☐ Serve with 2 eggs any style, refried beans and/or steak.

Nutrition Facts



Properties

Glycemic Index:109.25, Glycemic Load:30.03, Inflammation Score:-9, Nutrition Score:63.649130696836%

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 Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 1705.5kcal (85.28%), Fat: 114.39g (175.99%), Saturated Fat: 32.36g (202.26%), Carbohydrates: 101.33g (33.78%), Net Carbohydrates: 75.88g (27.59%), Sugar: 18.43g (20.48%), Cholesterol: 350.27mg (116.76%), Sodium: 3129.06mg (136.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.14g (154.29%), Selenium: 85.18µg (121.69%), Phosphorus: 1139.11mg (113.91%), Zinc: 16.27mg (108.48%), Fiber: 25.45g (101.81%), Vitamin B3: 20.03mg (100.14%), Vitamin B6: 1.87mg (93.45%), Vitamin C: 73.09mg (88.6%), Vitamin B2: 1.35mg (79.37%), Vitamin B12: 4.6µg (76.66%), Vitamin K: 80.01µg (76.2%), Vitamin E: 11.27mg (75.15%), Potassium: 2241.37mg (64.04%), Manganese: 1.22mg (61.06%), Magnesium: 243.37mg (60.84%), Iron: 10.08mg (55.98%), Calcium: 458.33mg (45.83%), Copper: 0.86mg (43.17%), Vitamin B1: 0.6mg (39.83%), Folate: 150.61µg (37.65%), Vitamin A: 1446.97IU (28.94%), Vitamin B5: 2.88mg (28.84%), Vitamin D: 1.25µg (8.32%)