



Chilaquiles in mulato chilli sauce

READY IN



25 min.

SERVINGS



6

CALORIES



624 kcal

SAUCE

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 tbsp pumpkin seeds
- ☐ 2 tbsp sesame seed
- ☐ 1 garlic clove crushed
- ☐ 1 small onion finely chopped
- ☐ 4 pepper flakes dried boiling (buy online)
- ☐ 1 pinch cinnamon
- ☐ 1 cloves
- ☐ 1 slice bread

- ☐ 4 chicken breast strips/pre-cooked/chopped shredded cooked (or use Quorn to make it veggie)
- ☐ 300 g tortilla chips salted
- ☐ 100 g cheddar cheese grated
- ☐ 6 servings cream

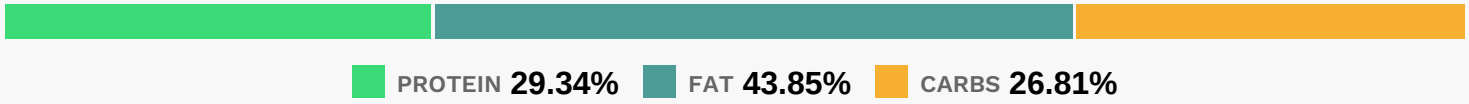
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ grill

Directions

- ☐ Heat 1 tbsp of oil in a small pan on a low heat. Fry the seeds, garlic and onion for a few mins.
- ☐ Remove the stalks from the chillies, and add another 250ml of water to the soaking liquid. In a food processor or blender, blend the chillies and liquid with the onion mix, cinnamon, clove and the bread until smooth.
- ☐ Heat the remaining oil in a mediumsize pan and warm the sauce, stirring non-stop until thick and glossy.
- ☐ Heat the grill while you layer up the tortilla chips and shredded chicken in an ovenproof dish.
- ☐ Pour over the sauce and scatter the cheese on. Grill until the cheese has melted and serve with soured cream.

Nutrition Facts



Properties

Glycemic Index:39.61, Glycemic Load:2.71, Inflammation Score:-7, Nutrition Score:25.706087096878%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 624.41kcal (31.22%), Fat: 30.59g (47.07%), Saturated Fat: 8.17g (51.05%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 37.96g (13.8%), Sugar: 3.27g (3.63%), Cholesterol: 121.21mg (40.4%), Sodium: 387.65mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.06g (92.12%), Vitamin B3: 17.12mg (85.58%), Selenium: 41.98µg (59.97%), Phosphorus: 542.49mg (54.25%), Vitamin C: 44.31mg (53.71%), Vitamin B6: 1mg (49.99%), Magnesium: 121.43mg (30.36%), Calcium: 245.15mg (24.51%), Vitamin E: 3.22mg (21.46%), Zinc: 3.13mg (20.9%), Manganese: 0.41mg (20.44%), Vitamin B5: 1.95mg (19.51%), Vitamin B2: 0.31mg (18.43%), Iron: 3.26mg (18.12%), Vitamin K: 18.97µg (18.06%), Copper: 0.33mg (16.57%), Fiber: 4.13g (16.51%), Potassium: 576.14mg (16.46%), Vitamin B1: 0.24mg (15.84%), Vitamin A: 554.27IU (11.09%), Vitamin B12: 0.59µg (9.86%), Folate: 32.76µg (8.19%), Vitamin D: 0.21µg (1.43%)