



Chilaquiles Rojos (Traditional Mexican Breakfast Dish)

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



965 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings refried black beans prepared for serving
- ☐ 4 servings chicken stock cube for seasoning
- ☐ 3 ounces cilantro leaves fresh chopped for serving
- ☐ 5 cloves garlic peeled
- ☐ 6 ounces squares are best
- ☐ 4 servings guacamole prepared for serving
- ☐ 4 tablespoons oil

- ☐ 1 onion sliced into rings
- ☐ 12 ounces panela cheese crumbled
- ☐ 4 servings pico de gallo salsa prepared for serving
- ☐ 10 roma tomatoes ripe quartered
- ☐ 4 servings salt
- ☐ 8 serrano chiles whole
- ☐ 8 ounces meat from a rotisserie chicken shredded cooked
- ☐ 6 ounces cup heavy whipping cream sour
- ☐ 6 ounces tomato purée
- ☐ 1 onion white peeled quartered

Equipment

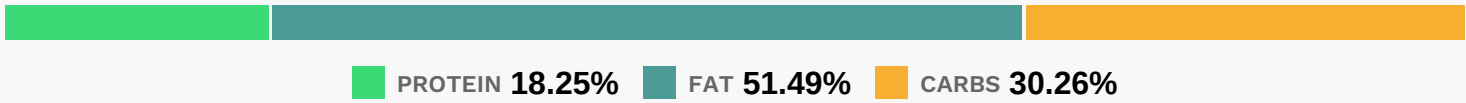
- ☐ food processor
- ☐ pot
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Grill the tomatoes, chiles, garlic and onions until they have a slightly blackened skin. Do not burn!
- ☐ Bring 6 cups water to a boil with the blackened veggies until they are cooked through and soft inside.
- ☐ Pour the veggies with the hot water and a little added cold water into a food processor and process. Don't blend too much, you want the mixture to be chunky.
- ☐ In a large pot, heat up the oil until smoking. Then (carefully!) add a small amount of the sauce mixture and let it burn away for 1 minute (this is for a nice smoky flavor). Then slowly add the rest of the mixture and season with salt and some chicken base.
- ☐ Add the tomato puree for color, and mix well.
- ☐ Add the shredded chicken and cook until it is heated through.
- ☐ Add the cilantro.

- ☐
- Add the chips and serve immediately on 4 plates. Top each plate with some sour cream, sliced onions, queso fresco and a sprig of cilantro.
- ☐
- Serve with guacamole, refried black beans and pico de gallo on the side.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:7.01, Inflammation Score:-10, Nutrition Score:44.143478186234%

Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 27.05mg, Quercetin: 27.05mg, Quercetin: 27.05mg, Quercetin: 27.05mg

Nutrients (% of daily need)

Calories: 965.12kcal (48.26%), Fat: 56.44g (86.83%), Saturated Fat: 18.79g (117.41%), Carbohydrates: 74.62g (24.87%), Net Carbohydrates: 60.05g (21.84%), Sugar: 14.95g (16.62%), Cholesterol: 126.43mg (42.14%), Sodium: 1441.55mg (62.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.01g (90.02%), Vitamin K: 101.87µg (97.02%), Vitamin A: 4132.15IU (82.64%), Phosphorus: 777.78mg (77.78%), Calcium: 659.69mg (65.97%), Fiber: 14.57g (58.27%), Vitamin C: 43.75mg (53.02%), Selenium: 36.47µg (52.1%), Folate: 200.15µg (50.04%), Manganese: 0.91mg (45.34%), Vitamin E: 6.76mg (45.04%), Magnesium: 174.78mg (43.7%), Potassium: 1480.13mg (42.29%), Vitamin B6: 0.84mg (41.8%), Vitamin B3: 7.42mg (37.09%), Zinc: 5.45mg (36.3%), Vitamin B1: 0.47mg (31.46%), Vitamin B2: 0.51mg (30.27%), Copper: 0.6mg (30.03%), Iron: 5.19mg (28.83%), Vitamin B12: 1.69µg (28.09%), Vitamin B5: 2.29mg (22.91%), Vitamin D: 2.3µg (15.31%)