



## Chilaquiles Verdes with Fried Eggs

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



4616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 16 corn tortillas soft cut into 6 wedges each
- ☐ 0.3 cup cotija cheese crumbled
- ☐ 4 eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 servings kosher salt
- ☐ 1 cup chicken broth low sodium homemade store-bought
- ☐ 0.5 cup crema mexicana sour
- ☐ 2 quarts vegetable oil; peanut oil preferred

- ☐ 2 cups salsa verde
- ☐ 0.5 small onion white thinly sliced

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ wok
- ☐ dutch oven
- ☐ deep fryer

## Directions

- ☐ Heat vegetable oil to 375°F in a large wok, Dutch oven, or deep fryer. Adjust flame to maintain temperature. Line a large rimmed baking sheet with paper towels. Fry 1/3 of tortilla wedges, using a metal spider to agitate them as they cook. Cook until bubbling slows to a trickle, chips are pale golden brown, and are very crisp, about 3 minutes.
- ☐ Transfer to the baking sheet and immediately season with kosher salt. Repeat with remaining batches.
- ☐ Heat Salsa Verde and chicken broth (or water, if using) in a large straight-sided sauté over medium heat until simmering.
- ☐ Add chips and turn to coat. Cover and set aside.
- ☐ Transfer 2 tablespoons of oil to a large non-stick or cast iron skillet.
- ☐ Heat over medium-high heat until shimmering.
- ☐ Add four eggs and cook until whites are set but yolks are still runny, about 3 minutes. Season with salt.
- ☐ Transfer to a large plate.
- ☐ Stir tortilla chips again and season to taste with salt if necessary. Divide between four warmed serving plates. Top each with a fried egg.
- ☐ Drizzle with crema, sprinkle with onions, cilantro, and cheese, and serve immediately

## Nutrition Facts



 PROTEIN 1.28%  FAT 93.81%  CARBS 4.91%

## Properties

Glycemic Index:34.13, Glycemic Load:20.4, Inflammation Score:-8, Nutrition Score:19.622608599455%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

## Nutrients (% of daily need)

Calories: 4616.15kcal (230.81%), Fat: 489.08g (752.43%), Saturated Fat: 83.17g (519.82%), Carbohydrates: 57.53g (19.18%), Net Carbohydrates: 50.8g (18.47%), Sugar: 9.52g (10.58%), Cholesterol: 187.66mg (62.55%), Sodium: 1362.76mg (59.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.05%), Vitamin E: 75.09mg (500.57%), Phosphorus: 465.99mg (46.6%), Selenium: 21.31µg (30.45%), Fiber: 6.73g (26.92%), Vitamin A: 1185.9IU (23.72%), Vitamin B2: 0.37mg (21.73%), Magnesium: 83.67mg (20.92%), Calcium: 207.46mg (20.75%), Manganese: 0.37mg (18.5%), Vitamin B6: 0.36mg (18.01%), Potassium: 558.13mg (15.95%), Zinc: 2.33mg (15.51%), Iron: 2.41mg (13.41%), Vitamin B3: 2.52mg (12.58%), Copper: 0.23mg (11.54%), Vitamin B12: 0.61µg (10.15%), Vitamin B1: 0.13mg (8.97%), Vitamin B5: 0.89mg (8.95%), Folate: 31.16µg (7.79%), Vitamin K: 6.75µg (6.43%), Vitamin C: 5.21mg (6.32%), Vitamin D: 0.92µg (6.12%)