



 **24%**
HEALTH SCORE

Chilaquiles with Fried Eggs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes whole drained canned
- 7 pepper flakes dried
- 9 large tortilla chips quartered
- 4 large eggs
- 4 ounces queso fresco crumbled
- 4 servings cilantro leaves fresh chopped
- 5 garlic clove chopped
- 2 teaspoons honey

- 0.1 teaspoon paprika smoked sweet
- 4 servings kosher salt
- 4 servings lime wedges
- 4 ounces monterrey jack cheese shredded
- 4 servings radishes thinly sliced
- 4 servings vegetable oil for frying
- 4 servings onion white finely chopped

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- wire rack
- blender
- kitchen thermometer
- broiler
- tongs

Directions

- Place chiles in a medium bowl; cover with 2 cups boiling water.
- Let chiles soak until softened, about 15 minutes.
- Drain, reserving soaking liquid. Discard stems and seeds; place chiles in a blender.
- Add tomatoes, next 4 ingredients, and 1 cup reserved soaking liquid; purée until smooth.
- Heat oil in a medium saucepan over medium-high heat.
- Add purée (it will splatter) and bring to a boil. Reduce heat to medium and simmer, partially covered and stirring occasionally, until slightly thickened, about 15 minutes (add more reserved soaking liquid if too thick). Stir in honey and season to taste with salt and pepper. DO AHEAD: Can be made 3 days ahead. Cover and chill. Rewarm before using.

- Place a wire rack on a rimmed baking sheet.
- Pour oil into a large skillet to a depth of 1 1/2". Prop deep-fry thermometer in skillet with bulb submerged.
- Heat over medium-high heat until thermometer registers 350°F. Working in batches, fry tortillas, occasionally turning with tongs, until crisp, 2-3 minutes.
- Transfer chips to prepared sheet and season with salt.
- Preheat broiler. Toss chips and 1 cup sauce in a large bowl.
- Transfer half of chips to a large ovenproof platter or skillet. Scatter half of cheeses over chips. Top with remaining chips and cheeses, along with 1/2 cup more sauce. Broil until cheese is golden and melted, 4-5 minutes.
- Meanwhile, pour oil into a nonstick skillet to lightly coat.
- Heat over medium heat.
- Add eggs and fry until whites are set but yolks are still runny, about 4 minutes.
- Top chilaquiles with chopped onion, radishes, cilantro, and lime wedges. Top with fried eggs and serve with remaining sauce alongside.

Nutrition Facts

PROTEIN 20.6% **FAT 47.26%** **CARBS 32.14%**

Properties

Glycemic Index:82.57, Glycemic Load:10.06, Inflammation Score:-9, Nutrition Score:32.170434785926%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 461.63kcal (23.08%), Fat: 25.33g (38.98%), Saturated Fat: 11.41g (71.33%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 31.44g (11.43%), Sugar: 20.29g (22.54%), Cholesterol: 230.79mg (76.93%), Sodium: 964.68mg (41.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Vitamin C: 145.58mg (176.46%),

Calcium: 520.41mg (52.04%), Vitamin B6: 0.99mg (49.68%), Phosphorus: 480.42mg (48.04%), Selenium: 28.01µg (40.01%), Vitamin A: 1936.6IU (38.73%), Vitamin B2: 0.61mg (35.75%), Manganese: 0.71mg (35.5%), Potassium: 1211.15mg (34.6%), Copper: 0.59mg (29.51%), Fiber: 7.32g (29.27%), Vitamin K: 30.65µg (29.19%), Vitamin E: 4.23mg (28.21%), Iron: 5.04mg (28.02%), Folate: 100.61µg (25.15%), Magnesium: 96.44mg (24.11%), Zinc: 3.37mg (22.48%), Vitamin B1: 0.29mg (19.43%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.91mg (19.1%), Vitamin B3: 3.78mg (18.92%), Vitamin D: 1.94µg (12.9%)