



# Chilaquiles with Turkey and Roasted Tomatillo Salsa

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 14.5 oz chicken broth canned
- ☐ 0.5 cup cilantro sprigs fresh
- ☐ 16 oz corn tortillas cut into 1/-wide strips
- ☐ 0.3 cup crème fraîche sour
- ☐ 1.5 tablespoons milk
- ☐ 1 cup monterey jack shredded
- ☐ 1 large onion chopped

- ☐ 3 oz queso fresco crumbled
- ☐ 6 servings roasted tomatillo salsa
- ☐ 4 cups turkey meat shredded cooked
- ☐ 3 cups vegetable oil

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk

## Directions

- ☐ Heat oil in a 3 1/2-quart flameproof nonreactive shallow casserole or deep skillet to 375°F. Fry tortillas in batches, turning occasionally, until golden, about 1 minute, and transfer to paper towels to drain (return oil to 375°F between batches). Carefully pour off all but 1 tablespoon hot oil into a large metal bowl to cool before discarding.
- ☐ Preheat oven to 375°F. Cook onion in oil in casserole over moderately high heat, stirring, until softened.
- ☐ Add broth and turkey and simmer, uncovered, stirring, until liquid is reduced to about 1/2 cup, about 15 minutes.
- ☐ Add 2 1/2 cups salsa and bring to a boil.
- ☐ Remove from heat and toss with Monterey Jack and tortilla strips.
- ☐ Bake chilaquiles, uncovered, in middle of oven until bubbling, about 15 minutes.
- ☐ Whisk together crème fraîche and milk.
- ☐ Serve chilaquiles topped with crème fraîche, cilantro, and cheese.
- ☐ We used a 12- by 2-inch round enameled cast-iron casserole to assemble and bake our chilaquiles. The wide shallow casserole gave us just enough room for frying and mixing. It also allowed for a nice balance of crisp tortillas on top and softer ones on the bottom.

## Nutrition Facts



 **PROTEIN 27.06%**  **FAT 51.61%**  **CARBS 21.33%**

Properties

Glycemic Index:29.08, Glycemic Load:15.24, Inflammation Score:-8, Nutrition Score:25.34652164708%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 748kcal (37.4%), Fat: 42.9g (65.99%), Saturated Fat: 12.11g (75.69%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 34.66g (12.6%), Sugar: 4.73g (5.26%), Cholesterol: 129.44mg (43.15%), Sodium: 929.92mg (40.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.61g (101.23%), Phosphorus: 676.69mg (67.67%), Selenium: 44.34µg (63.34%), Vitamin B3: 10.42mg (52.08%), Vitamin B6: 0.97mg (48.41%), Vitamin K: 46.67µg (44.44%), Vitamin B12: 2.28µg (37.95%), Zinc: 5.45mg (36.32%), Calcium: 322.75mg (32.28%), Magnesium: 105.39mg (26.35%), Vitamin B2: 0.43mg (25%), Fiber: 5.23g (20.9%), Potassium: 624.32mg (17.84%), Vitamin E: 2.48mg (16.51%), Iron: 2.87mg (15.97%), Vitamin A: 766.11IU (15.32%), Manganese: 0.3mg (15.04%), Copper: 0.25mg (12.48%), Vitamin B5: 1.04mg (10.45%), Vitamin B1: 0.14mg (9.53%), Folate: 22.22µg (5.55%), Vitamin D: 0.79µg (5.28%), Vitamin C: 3.51mg (4.26%)