



Christmas Chilaquiles



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup roasted anaheim chiles chopped
- ☐ 2 cups baked tortilla chips divided
- ☐ 2 cups chile sauce green
- ☐ 2 cups new mexican chile sauce red
- ☐ 2 cups corn kernels fresh (4 ears)
- ☐ 3 garlic cloves minced
- ☐ 4 ounces monterrey jack cheese shredded divided
- ☐ 1 cup onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 1 cup bell pepper red chopped
- ☐ 2 cups zucchini diced ()

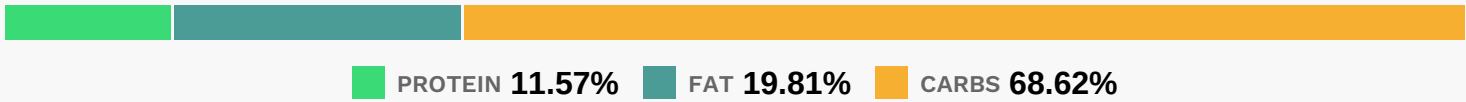
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add corn, zucchini, bell pepper, and onion; saut 6 minutes or until browned.
- ☐ Add chopped chiles, oregano, and garlic; saut 2 minutes.
- ☐ Arrange half of tortilla chips in a single layer in bottom of an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Spread half of corn mixture evenly over tortilla chips. Top with 1/2 cup cheese. Arrange remaining tortilla chips over cheese.
- ☐ Spread remaining corn mixture evenly over tortilla chips.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake at 350 for 10 minutes. Top each serving with 1/4 cup Green Chile Sauce and 1/4 cup New Mexican Red Chile Sauce.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:11.408695607082%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 306.54kcal (15.33%), Fat: 6.61g (10.18%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 51.54g (17.18%), Net Carbohydrates: 44g (16%), Sugar: 16.96g (18.84%), Cholesterol: 12.62mg (4.21%), Sodium: 3295.23mg (143.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.39%), Vitamin C: 40.02mg (48.51%), Fiber: 7.54g (30.16%), Phosphorus: 211.14mg (21.11%), Vitamin A: 856.59IU (17.13%), Calcium: 169.07mg (16.91%), Magnesium: 55.9mg (13.97%), Vitamin B2: 0.21mg (12.27%), Vitamin B6: 0.24mg (12.1%), Folate: 42.81µg (10.7%), Vitamin B1: 0.16mg (10.5%), Selenium: 7.14µg (10.2%), Potassium: 344.63mg (9.85%), Manganese: 0.19mg (9.67%), Zinc: 1.12mg (7.48%), Iron: 1.1mg (6.1%), Vitamin B3: 1.14mg (5.7%), Vitamin B5: 0.45mg (4.46%), Vitamin E: 0.67mg (4.44%), Copper: 0.09mg (4.4%), Vitamin K: 4.42µg (4.21%), Vitamin B12: 0.12µg (1.96%)