



## Cook the Book: Chilaquiles Verdes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 bay leaves
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 1 tablespoon corn oil
- ☐ 12 corn tortillas
- ☐ 4 servings cream sour for garnish
- ☐ 1 pinch thyme dried
- ☐ 2 large eggs beaten
- ☐ 2 tablespoons queso fresco crumbled

- ☐ 2 garlic clove
- ☐ 1 jalapeno stemmed
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 1 pinch oregano dried
- ☐ 4 servings salsa verde
- ☐ 0.5 teaspoon salt
- ☐ 8 medium tomatillos husked rinsed ()
- ☐ 4 servings vegetable oil for frying
- ☐ 3 tablespoons onion white finely chopped

## Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ kitchen towels
- ☐ deep fryer

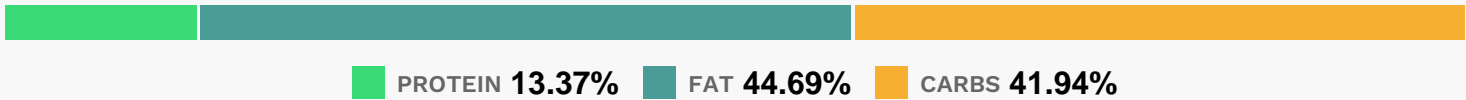
## Directions

- ☐ Put the tomatillos, chile, onion, and garlic in a medium pot and add water to cover. Bring to a boil over high heat. Reduce the heat to medium-low and simmer until the vegetables are soft and the tomatillos turn pale green, 15 to 20 minutes.
- ☐ Remove from the heat and let cool slightly.
- ☐ Carefully transfer the boiled vegetables, along with the cooking water, to a blender. Puree for a few seconds to blend; be sure to hold down the lid with a kitchen towel for safety.
- ☐ Add the 1/2 bay leaf, oregano, thyme, salt and broth. Continue to puree until smooth. You should have 1 quart of salsa verde.
- ☐ Place a wide pot or pan over medium-high heat and coat with the corn oil. When the oil is hazy, pour in the salsa verde; it will bubble a bit. Reduce the heat to medium and simmer, stirring occasionally, until the sauce is slightly thickened, 10 to 15 minutes. Cover, reduce the

heat to very low, and keep warm while you fry the chips.

- ☐ Pour the vegetable oil into a heavy-bottomed pot or countertop deep fryer to a depth of about 2 inches and heat to 375& deg F over medium-high heat. Stack the tortillas and fan them with your thumb to separate.
- ☐ Cut the tortillas into 8 wedges like a pie.
- ☐ To finish the chilaquiles, uncover the salsa verde and raise the heat to medium. Just when it starts to bubble, stir in the beaten eggs. Cook and stir it for about 5 seconds, until the egg feathers into the sauce, thickening and binding it. Immediately add the chips, tossing gently until they have absorbed enough sauce to become soft. Take care not to brake the chips.
- ☐ Sprinkle the Jack cheese on top and let it melt.
- ☐ Divide the chilaquiles among 4 plates.
- ☐ Sprinkle with the queso fresco, chopped onion, and cilantro.
- ☐ Garnish with the crema fresca and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:50.88, Glycemic Load:15.45, Inflammation Score:-7, Nutrition Score:15.308695482171%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 405.7kcal (20.28%), Fat: 20.58g (31.67%), Saturated Fat: 6.84g (42.74%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 36.97g (13.45%), Sugar: 6.6g (7.34%), Cholesterol: 117.75mg (39.25%), Sodium: 741.21mg (32.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.71%), Phosphorus: 431.24mg (43.12%), Fiber: 6.5g (25.99%), Calcium: 248.39mg (24.84%), Selenium: 16.96µg (24.23%), Manganese: 0.41mg (20.72%), Magnesium: 81.57mg (20.39%), Vitamin C: 14.51mg (17.59%), Vitamin B2: 0.29mg (16.93%), Vitamin B6: 0.32mg (15.88%), Vitamin K: 16.2µg (15.43%), Zinc: 2.2mg (14.69%), Potassium: 502.44mg (14.36%), Vitamin A: 704.66IU (14.09%), Vitamin B3: 2.74mg (13.72%), Iron: 2.1mg (11.69%), Vitamin E: 1.74mg (11.57%), Copper: 0.22mg (10.93%), Vitamin B1: 0.13mg (8.61%), Vitamin B12: 0.5µg (8.4%), Vitamin B5: 0.7mg (6.97%), Folate: 26.88µg (6.72%), Vitamin D: 0.78µg (5.23%)