



Cook the Book: Eggs-Any-Style Chilaquiles

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



859 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 28 ounce canned tomatoes whole peeled drained canned
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 cup cotija cheese crumbled
- ☐ 0.5 cup cream sour
- ☐ 15 ounce black beans dried drained and rinsed cooked
- ☐ 4 eggs
- ☐ 2 medium cloves garlic coarsely chopped

- ☐ 4 servings sauce red
- ☐ 1 medium jalapeno seeded coarsely chopped
- ☐ 4 servings salt
- ☐ 1 small shallots coarsely chopped
- ☐ 1 cup vegetable oil

Equipment

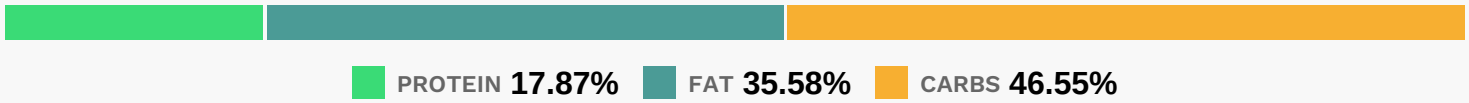
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ To make the sauce, put the tomatoes, jalapeño, shallot, and garlic in a blender and process until smooth.
- ☐ Heat the butter in a saute pan over medium heat.
- ☐ Pour the blended mixture into the pan, stir in the black beans, and simmer the sauce for 15 minutes.
- ☐ To prepare the chilaquiles, heat the oil to 350 degrees F in a deep pot or Dutch oven. Gently lower one or two tortillas into the hot oil with a pair of metal tongs and fry for about 1 minute on each side, until golden.
- ☐ Remove from the oil and transfer to a cooling rack lined with paper towels.
- ☐ Sprinkle with salt. Repeat with the remaining tortillas. (Note: If you would prefer not to fry them, the tortillas can be toasted in a 375-degree F oven for 10–15 minutes.)
- ☐ Prepare the eggs to order for each serving.

Place a tortilla on a plate, ladle about 1/4 cup of the sauce on top, sprinkle with cheese, and add a dollop of crema. Stack a second tortilla on top of that layer, creating another in the same manner. Top with an egg and serve.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:10.89, Inflammation Score:-9, Nutrition Score:46.537391455277%

Flavonoids

Petunidin: 16.38mg, Petunidin: 16.38mg, Petunidin: 16.38mg, Petunidin: 16.38mg Delphinidin: 19.67mg, Delphinidin: 19.67mg, Delphinidin: 19.67mg, Delphinidin: 19.67mg Malvidin: 11.28mg, Malvidin: 11.28mg, Malvidin: 11.28mg, Malvidin: 11.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 859.26kcal (42.96%), Fat: 34.84g (53.6%), Saturated Fat: 13.4g (83.72%), Carbohydrates: 102.59g (34.2%), Net Carbohydrates: 80.52g (29.28%), Sugar: 9.46g (10.51%), Cholesterol: 221.54mg (73.85%), Sodium: 1040.79mg (45.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.74%), Folate: 528.12µg (132.03%), Fiber: 22.07g (88.27%), Phosphorus: 818.34mg (81.83%), Vitamin B1: 1.18mg (78.96%), Manganese: 1.52mg (76.12%), Magnesium: 258.63mg (64.66%), Potassium: 2202.74mg (62.94%), Copper: 1.17mg (58.58%), Vitamin B2: 0.92mg (54.15%), Iron: 9.05mg (50.27%), Calcium: 479.36mg (47.94%), Vitamin B6: 0.94mg (46.94%), Zinc: 6.63mg (44.22%), Selenium: 27.31µg (39.01%), Vitamin K: 33.96µg (32.34%), Vitamin C: 23.83mg (28.89%), Vitamin B5: 2.42mg (24.22%), Vitamin B3: 4.77mg (23.86%), Vitamin E: 3.46mg (23.06%), Vitamin A: 951.84IU (19.04%), Vitamin B12: 1.09µg (18.19%), Vitamin D: 1.03µg (6.87%)