



Creamy Chilaquiles

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup knudsen cream light sour
- 1.5 cups queso quesadilla cheese shredded with a touch of philadelphia kraft
- 1.5 cups salsa
- 2 cups meat from a rotisserie chicken shredded cooked
- 3 cups coarsely tortilla chips crushed

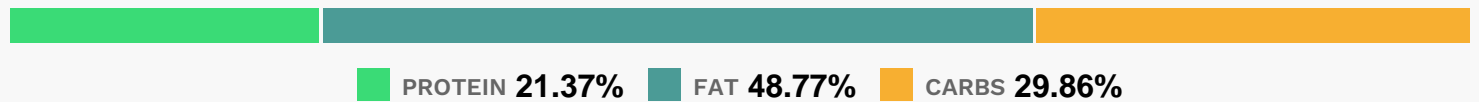
Equipment

- frying pan

Directions

- Cook salsa and chicken in large skillet on medium heat 2 to 3 min. or until heated through, stirring frequently.
- Stir in crushed chips; top with cheese. Cover; cook on medium-low heat 3 min. or until cheese is melted.
- Serve topped with sour cream.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.4221739263638%

Nutrients (% of daily need)

Calories: 238.86kcal (11.94%), Fat: 13.18g (20.28%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 16.45g (5.98%), Sugar: 1.2g (1.33%), Cholesterol: 43.34mg (14.45%), Sodium: 387.84mg (16.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.99%), Calcium: 219.11mg (21.91%), Phosphorus: 104.07mg (10.41%), Vitamin B3: 1.96mg (9.82%), Selenium: 6.19µg (8.85%), Vitamin B6: 0.17mg (8.29%), Vitamin E: 1.16mg (7.76%), Magnesium: 28.29mg (7.07%), Fiber: 1.71g (6.84%), Vitamin K: 5.96µg (5.67%), Vitamin B5: 0.51mg (5.07%), Potassium: 176.07mg (5.03%), Zinc: 0.71mg (4.74%), Vitamin B2: 0.07mg (3.86%), Iron: 0.69mg (3.85%), Vitamin B1: 0.06mg (3.83%), Vitamin A: 170.86IU (3.42%), Copper: 0.05mg (2.58%), Vitamin B12: 0.1µg (1.71%), Manganese: 0.03mg (1.63%), Folate: 6µg (1.5%)