



 **53%**
HEALTH SCORE

Fajita Chilaquiles Casserole

READY IN



30 min.

SERVINGS



4

CALORIES



814 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounce beer
- 1 tablespoon chili powder (a palmful)
- 0.3 cup flat parsley chopped
- 8 flour tortilla cut into thin strips
- 4 garlic clove finely chopped
- 1 tablespoon garlic powder (a palmful)
- 1 teaspoon ground cinnamon
- 1 tablespoon ground cumin (a palmful)
- 4 servings salt and pepper fresh

- 2 juice of lime
- 4 tablespoons cooking oil divided
- 1 tablespoon onion powder (a palmful)
- 1 teaspoon oregano dried
- 1 cup pepper jack cheese shredded
- 2 bell pepper red seeded thinly sliced
- 2 onion red thinly sliced
- 4 servings salsa
- 2 lbs chicken breast boneless skinless
- 4 servings cream sour

Equipment

- bowl
- frying pan
- baking sheet
- oven
- casserole dish
- broiler

Directions

- Pre-heat oven to 400F. On a baking sheet, toss tortilla strips with some cooking spray and bake in the oven until golden brown, about 10 minutes. Toss halfway through the cooking time so they get brown on all sides. In a small bowl, combine the onion powder, garlic powder, cumin, cinnamon, chili powder, oregano, salt and pepper. Toss your meat of choice with the spice mixture and reserve.
- Place a large skillet over medium-high heat with 2 turns of the pan of oil, about 2 tablespoons.
- Add the meat to the pan and sear until golden brown and cooked through, 5-6 minutes.
- Add the bottle of beer to the pan and cook to reduce, 3-4 minutes. While the meat is cooking, place a second large skillet over high heat with 2 turns of the pan of oil, about 2 tablespoons.

- Add the peppers, onions and garlic to the pan, and cook until brown around the edges and tender, 3–4 minutes.
- Add the zest and juice of 1 lime, chopped herbs, salt and pepper to the pan, toss to combine and reserve. When everything is ready, toss the meat, pepper and onions, and toasted tortilla strips together into a casserole dish. Top with the cheese and melt under the broiler.
- Garnish with juice of remaining lime, sour cream and salsa.

Nutrition Facts



Properties

Glycemic Index:60.63, Glycemic Load:12.94, Inflammation Score:-10, Nutrition Score:46.839565017949%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 814.34kcal (40.72%), Fat: 36.59g (56.28%), Saturated Fat: 10.84g (67.75%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 45.14g (16.42%), Sugar: 9.52g (10.57%), Cholesterol: 177.37mg (59.12%), Sodium: 1330.48mg (57.85%), Alcohol: 3.32g (100%), Alcohol %: 0.7% (100%), Protein: 63.81g (127.62%), Vitamin B3: 28.23mg (141.14%), Selenium: 93.33µg (133.32%), Vitamin C: 94.68mg (114.77%), Vitamin B6: 2.24mg (112.11%), Vitamin K: 87.3µg (83.14%), Phosphorus: 825.31mg (82.53%), Vitamin A: 3323.39IU (66.47%), Potassium: 1429.16mg (40.83%), Manganese: 0.81mg (40.67%), Calcium: 405.67mg (40.57%), Vitamin B2: 0.66mg (39.01%), Vitamin B5: 3.89mg (38.89%), Vitamin B1: 0.57mg (38.1%), Vitamin E: 5.34mg (35.59%), Iron: 5.8mg (32.21%), Folate: 126.75µg (31.69%), Magnesium: 121mg (30.25%), Fiber: 6.88g (27.54%), Zinc: 3.23mg (21.56%), Copper: 0.27mg (13.45%), Vitamin B12: 0.73µg (12.17%), Vitamin D: 0.4µg (2.64%)