



Red Chilaquiles with Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 12 6-inch corn tortillas cut into 1/2-inch-wide strips ()
- 2 cloves garlic
- 6 guajillo chiles
- 2 Tbsp oil
- 0.5 cup onions coarsely chopped
- 10 oz chicken breast shredded boneless skinless cooked

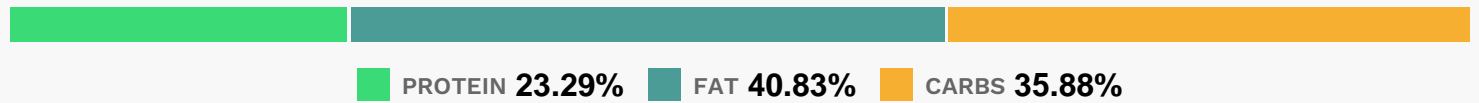
Equipment

- frying pan
- sauce pan
- blender

Directions

- Cook chiles in boiling water in medium saucepan 10 min. or until tender; drain, reserving 1/2 cup of the cooking water. Blend chiles, reserved water, onions and garlic in blender until smooth.
- Heat oil in large skillet on medium heat.
- Add tortilla strips; cook 5 min. or until golden brown but not crisp, stirring occasionally.
- Add chile sauce and chicken to skillet; cook 5 min. or until heated through, stirring occasionally.
- Sprinkle with cheese; cover. Cook 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:1.81, Inflammation Score:-2, Nutrition Score:2.2643478305443%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 52.03kcal (2.6%), Fat: 2.4g (3.69%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 3.97g (1.44%), Sugar: 0.43g (0.48%), Cholesterol: 8.41mg (2.8%), Sodium: 35.19mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Phosphorus: 61.67mg (6.17%), Selenium: 4.11µg (5.87%), Vitamin B3: 1.04mg (5.18%), Vitamin B6: 0.09mg (4.61%), Vitamin A: 193.95IU (3.88%), Calcium: 31.56mg (3.16%), Fiber: 0.78g (3.11%), Magnesium: 10.2mg (2.55%), Vitamin B2: 0.04mg (2.13%), Manganese: 0.04mg (2.07%), Zinc: 0.29mg (1.96%), Potassium: 64.28mg (1.84%), Vitamin E: 0.22mg (1.49%), Vitamin B5: 0.15mg (1.48%), Vitamin K: 1.33µg (1.26%), Vitamin B1: 0.02mg (1.09%), Iron: 0.19mg (1.05%)