



Red Chile Chicken Chilaquiles

READY IN



90 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz tomato sauce canned
- ☐ 1 tablespoon canola oil
- ☐ 3 oz pepper flakes red
- ☐ 2 cups to 5 chilies red
- ☐ 4 servings cilantro leaves fresh
- ☐ 8 corn tortillas
- ☐ 4 oz queso fresco crumbled
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cloves garlic

- ☐ 4 oz muenster cheese shredded
- ☐ 0.3 cup spring onion green red finely chopped
- ☐ 1.5 teaspoons salt
- ☐ 1.5 cups chicken shredded cooked
- ☐ 2.5 cups water

Equipment

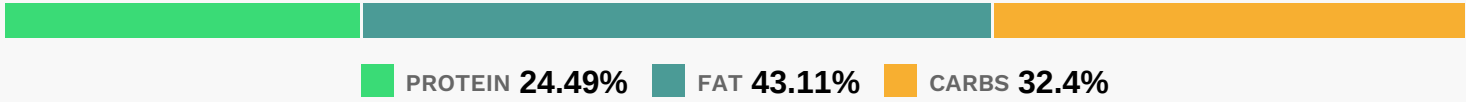
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ tongs
- ☐ colander

Directions

- ☐ To make Red Chile Sauce, remove stems, seeds, and veins from chile pods.
- ☐ Place in colander; rinse well with cool water.
- ☐ Place chiles in 3-quart saucepan; add enough water so chiles are just covered.
- ☐ Heat water to boiling. Reduce heat; cover and simmer about 20 minutes. After 10 minutes, turn chiles over with tongs to make sure chiles soften evenly.
- ☐ Drain cooked pods; cool before blending.
- ☐ In blender, combine 2 1/2 cups water, the cooled chile pods, flour, salt and garlic. Cover; blend until smooth. Strain sauce through fine mesh strainer into bowl to remove skins and seeds; discard skins and seeds. Stir in tomato sauce. Taste; if necessary, season with additional salt.
- ☐ To make Chilaquiles, cut corn tortillas into quarters. In 10- to 12-inch skillet, heat oil over medium heat.
- ☐ Add tortilla pieces; fry until crunchy.
- ☐ Reduce heat to low.

- ☐
- Add 2 cups of the Red Chile Sauce; mix just until all tortillas are coated. Stir in chicken; top with Oaxaca cheese. Cook just until cheese is melted.
- ☐
- Remove from heat.
- ☐
- Sprinkle with green onions and queso fresco cheese; garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:95.38, Glycemic Load:17.65, Inflammation Score:-9, Nutrition Score:28.560434590215%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 498.58kcal (24.93%), Fat: 24.39g (37.52%), Saturated Fat: 10.59g (66.2%), Carbohydrates: 41.25g (13.75%), Net Carbohydrates: 35.28g (12.83%), Sugar: 8.78g (9.75%), Cholesterol: 86.15mg (28.72%), Sodium: 1612.33mg (70.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.17g (62.34%), Vitamin C: 144.36mg (174.98%), Phosphorus: 574.1mg (57.41%), Vitamin B6: 0.94mg (46.78%), Calcium: 448.16mg (44.82%), Selenium: 28.66µg (40.95%), Vitamin A: 1789.85IU (35.8%), Vitamin B3: 7.1mg (35.51%), Vitamin K: 36.15µg (34.43%), Manganese: 0.5mg (25.24%), Magnesium: 98.37mg (24.59%), Vitamin B2: 0.41mg (23.92%), Fiber: 5.97g (23.89%), Zinc: 3.49mg (23.26%), Potassium: 805.6mg (23.02%), Iron: 3.4mg (18.9%), Copper: 0.36mg (18.08%), Vitamin B12: 1.05µg (17.42%), Vitamin E: 2.47mg (16.47%), Vitamin B1: 0.23mg (15.45%), Folate: 53.59µg (13.4%), Vitamin B5: 1.13mg (11.31%), Vitamin D: 0.94µg (6.24%)