



Red Chile Chicken Chilaquiles

READY IN



90 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 oz snow peas red
- ☐ 2.5 cups water
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 teaspoons salt
- ☐ 2 cloves garlic
- ☐ 8 oz tomato sauce canned
- ☐ 8 corn tortillas
- ☐ 1 tablespoon canola oil
- ☐ 2 cups to 5 chilies red

- ☐ 1.5 cups chicken shredded cooked
- ☐ 4 oz muenster cheese shredded
- ☐ 0.3 cup spring onion green red finely chopped
- ☐ 4 oz queso fresco crumbled
- ☐ 1 serving cilantro leaves fresh

Equipment

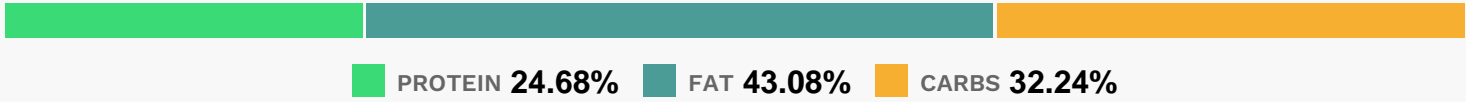
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ tongs
- ☐ colander

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:84.13, Glycemic Load:16.95, Inflammation Score:-9, Nutrition Score:28.701738938041%

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: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 498.99kcal (24.95%), Fat: 24.34g (37.44%), Saturated Fat: 10.59g (66.19%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 34.77g (12.65%), Sugar: 8.5g (9.45%), Cholesterol: 86.15mg (28.72%), Sodium: 1611.23mg (70.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.73%), Vitamin C: 126.54mg (153.39%), Phosphorus: 576.19mg (57.62%), Calcium: 454.28mg (45.43%), Vitamin B6: 0.86mg (43.09%), Selenium: 28.71µg (41.01%), Vitamin K: 38.26µg (36.44%), Vitamin A: 1813.49IU (36.27%), Vitamin B3: 6.96mg (34.82%), Manganese: 0.52mg (25.83%), Fiber: 6.2g (24.82%), Magnesium: 98.57mg (24.64%), Vitamin B2: 0.41mg (23.84%), Zinc: 3.49mg (23.27%), Potassium: 779.27mg (22.26%), Iron: 3.62mg (20.14%), Copper: 0.35mg (17.54%), Vitamin B12: 1.05µg (17.42%), Vitamin B1: 0.25mg (16.55%), Vitamin E: 2.4mg (16.03%), Folate: 57.58µg (14.4%), Vitamin B5: 1.25mg (12.48%), Vitamin D: 0.94µg (6.24%)