



Scrambled Eggs Chiliquiles with Roasted Tomatillo Sauce



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



1110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups canola oil
- ☐ 3 tablespoons canola oil
- ☐ 2 teaspoons chipotle puree
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 12 6-inch corn tortillas blue ()
- ☐ 12 large eggs lightly beaten
- ☐ 4 cloves garlic coarsely chopped

- ☐ 3 tablespoons honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 large onion red peeled quartered
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings cup heavy whipping cream sour
- ☐ 1 cup spinach leaves
- ☐ 8 tomatillos washed and halved
- ☐ 1 stick butter unsalted
- ☐ 1 cup cheddar white grated

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ double boiler
- ☐ roasting pan

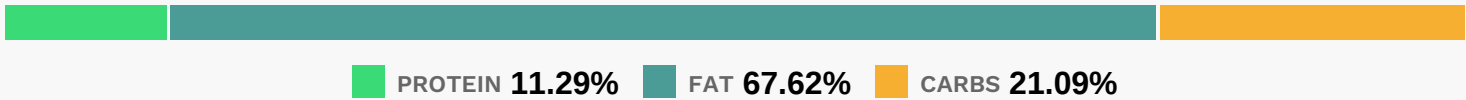
Directions

- ☐ Preheat oven to 375 degrees F. Rub oil on tomatillos, onion and garlic with 3 tablespoons of oil and season with salt and pepper.
- ☐ Place in a roasting pan and roast until soft and golden brown about 20 to 25 minutes.
- ☐ Place tomatillos, onions, garlic, chipotle, lime juice and spinach in a food processor and blend until smooth. With the motor running, slowly add the 3/4 cup olive oil and season with honey

and salt and pepper. Keep warm in a bain marie.

- ☐ Heat canola oil in a medium saucepan to 365 degrees F. Fry tortillas, 1 at a time, until crispy.
- ☐ Remove to a plate lined with paper towels and season lightly with salt.
- ☐ Heat the butter over low heat in a large skillet.
- ☐ Add the eggs, season with salt and pepper, to taste, and cook slowly until soft curds form.
- ☐ Place a teaspoon of sour cream in 4 large shallow bowls to secure the tortillas.
- ☐ Place a fried tortilla on top of each dab of sour cream.
- ☐ Place some of the eggs and Cheddar on each tortilla and top with another tortilla, repeat and top with another tortilla. Top the tortilla with the remaining eggs and cheese and ladle the warm tomatillo sauce over.
- ☐ Garnish with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:70.69, Glycemic Load:22.93, Inflammation Score:-9, Nutrition Score:34.684782774552%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 1109.5kcal (55.48%), Fat: 85.01g (130.79%), Saturated Fat: 28.73g (179.58%), Carbohydrates: 59.67g (19.89%), Net Carbohydrates: 52.4g (19.05%), Sugar: 19.01g (21.13%), Cholesterol: 654.07mg (218.02%), Sodium: 836.55mg (36.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.89%), Selenium: 60.66µg (86.65%), Phosphorus: 732.97mg (73.3%), Vitamin K: 70.87µg (67.5%), Vitamin E: 8.92mg (59.48%), Vitamin B2: 0.95mg (55.77%), Vitamin A: 2678.7IU (53.57%), Calcium: 393.63mg (39.36%), Manganese: 0.59mg (29.42%), Vitamin B6: 0.58mg (29.21%), Zinc: 4.38mg (29.2%), Fiber: 7.27g (29.08%), Vitamin B12: 1.71µg (28.46%), Vitamin B5: 2.76mg (27.63%), Folate: 108.49µg (27.12%), Magnesium: 108.34mg (27.08%), Iron: 4.53mg (25.18%), Vitamin D: 3.59µg (23.95%), Vitamin C: 17.81mg (21.59%), Potassium: 700.22mg (20.01%), Copper: 0.34mg (16.96%), Vitamin

B3: 2.73mg (13.65%), Vitamin B1: 0.2mg (13.58%)