



Soft Fried Tortillas with Tomatillo Salsa and Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 12 4-inch corn tortillas () (see cooks' note, below)
- ☐ 2 tablespoons crème fraîche
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 3 garlic clove quartered
- ☐ 0.3 cup queso fresco fresh crumbled finely (Mexican cheese)
- ☐ 0.8 teaspoon salt to taste
- ☐ 3 serrano chiles fresh green coarsely chopped (including seeds)

- ☐ 1 cup chicken shredded cooked (from 1 chicken breast half)
- ☐ 0.5 lb tomatillos fresh rinsed quartered
- ☐ 1 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 0.3 cup onion white finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ tongs

Directions

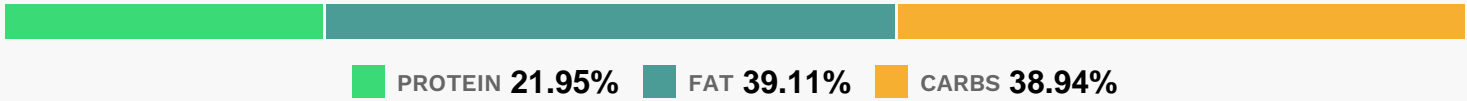
- ☐ Purée tomatillos, chiles, onion, garlic, salt, and water in a blender until smooth.
- ☐ Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then carefully add tomatillo purée (oil will splatter) and simmer, stirring, until thickened, 8 to 10 minutes. Stir in cilantro and simmer 1 minute.
- ☐ Transfer to a small bowl.
- ☐ Put oven rack in middle position and preheat oven to 200°F.
- ☐ Heat 1 tablespoon oil in cleaned dried skillet over moderate heat until hot but not smoking, then briefly cook tortillas, 3 at a time, until softened and hot but still pale, about 10 seconds per side, adding more oil if necessary.
- ☐ Transfer tortillas with tongs to paper towels to drain briefly, then to a large shallow baking pan in oven to keep warm, arranging tortillas in one layer (overlapping slightly if necessary) and

covering pan with foil.

- ☐
- Spread each warm tortilla with about 1 teaspoon salsa, then top sparingly with a few shreds of chicken. Thin crema with a little water and drizzle over chicken, then sprinkle with onion and cheese.
- ☐
- Serve immediately.
- ☐
- If you can't find 4-inch tortillas, you can buy larger ones and trim them using a 4-inch cookie cutter or a paring knife.

• Salsa can be made 2 days ahead. Cool, uncovered, before chilling, covered. Reheat to warm.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:2.87, Inflammation Score:-2, Nutrition Score:3.586086957351%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 83.56kcal (4.18%), Fat: 3.71g (5.71%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 6.92g (2.52%), Sugar: 1.27g (1.41%), Cholesterol: 12.27mg (4.09%), Sodium: 187.65mg (8.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Phosphorus: 91.38mg (9.14%), Vitamin B3: 1.52mg (7.58%), Selenium: 4.68µg (6.69%), Vitamin B6: 0.11mg (5.74%), Fiber: 1.39g (5.56%), Manganese: 0.1mg (4.96%), Magnesium: 18.41mg (4.6%), Vitamin K: 4.57µg (4.36%), Vitamin C: 3.49mg (4.23%), Calcium: 38.26mg (3.83%), Potassium: 124.9mg (3.57%), Zinc: 0.52mg (3.46%), Vitamin B2: 0.05mg (2.68%), Iron: 0.48mg (2.65%), Copper: 0.05mg (2.62%), Vitamin B1: 0.04mg (2.33%), Vitamin B5: 0.19mg (1.89%), Vitamin A: 87.34IU (1.75%), Vitamin E: 0.24mg (1.59%), Vitamin B12: 0.09µg (1.58%), Folate: 4.24µg (1.06%)