



Sunday Morning Chilaquiles

 **Gluten Free**

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

828 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado chopped
- ☐ 1 tablespoon butter
- ☐ 1 cup four cheese shredded with a touch off philadelphia mexican style kraft
- ☐ 4 eggs
- ☐ 1 tablespoon cilantro leaves fresh coarsely chopped
- ☐ 4 green onions chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon oil

- ☐ 10 ounce enchilada sauce red canned
- ☐ 4 cups tortilla chips

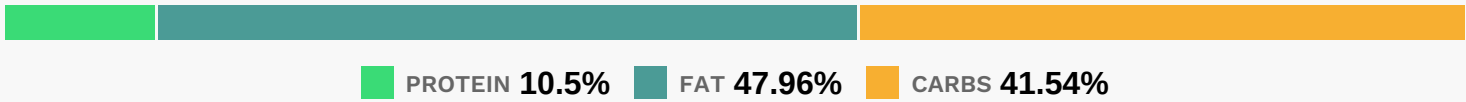
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Melt butter in large oven proof skillet on medium heat.
- ☐ Add eggs, 1 at a time, to skillet, leaving space between eggs; sprinkle with pepper. Cook 4 to 5 min. or until whites and yolks are set.
- ☐ Remove eggs from skillet; set aside.
- ☐ Heat oil in same skillet.
- ☐ Add tortilla chips; cook 5 to 8 min. or until golden brown, stirring frequently.
- ☐ Add onions; cook and stir 1 min.
- ☐ Add enchilada sauce and 1/2 cup cheese; mix lightly. Top with eggs and remaining cheese.
- ☐ Heat broiler.
- ☐ Place skillet, 6 inches from heat; broil 2 to 3 min. or until cheese is melted. Top with cilantro and avocados.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:22.228695537733%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.16mg,

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 827.64kcal (41.38%), Fat: 45.15g (69.47%), Saturated Fat: 12.45g (77.79%), Carbohydrates: 87.99g (29.33%), Net Carbohydrates: 78.54g (28.56%), Sugar: 6.33g (7.03%), Cholesterol: 199.46mg (66.48%), Sodium: 1265.17mg (55.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.48%), Vitamin K: 56.43µg (53.75%), Phosphorus: 493.85mg (49.38%), Selenium: 26.78µg (38.25%), Fiber: 9.44g (37.78%), Vitamin E: 5.58mg (37.2%), Calcium: 359.38mg (35.94%), Magnesium: 119.5mg (29.88%), Vitamin B2: 0.45mg (26.47%), Vitamin B5: 2.52mg (25.18%), Vitamin A: 1248.06IU (24.96%), Zinc: 3.4mg (22.69%), Vitamin B6: 0.37mg (18.63%), Iron: 3.32mg (18.44%), Folate: 68.63µg (17.16%), Vitamin B1: 0.21mg (14.04%), Potassium: 449.77mg (12.85%), Vitamin B12: 0.7µg (11.62%), Copper: 0.21mg (10.61%), Vitamin B3: 1.52mg (7.58%), Vitamin C: 6.21mg (7.53%), Vitamin D: 1.05µg (7%), Manganese: 0.09mg (4.32%)