

Tofu Chilaquiles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup black beans drained and rinsed
- ☐ 0.5 tsp chili powder
- ☐ 2 cups regular corn cooked
- ☐ 0.3 cup baked corn chips
- ☐ 2 tsp cumin
- ☐ 1 pound extra-firm tofu
- ☐ 1 onion diced whole
- ☐ 12 ounces salsa verde

- ☐ 2 cups tomatoes diced
- ☐ 4 garlic cloves whole minced

Equipment

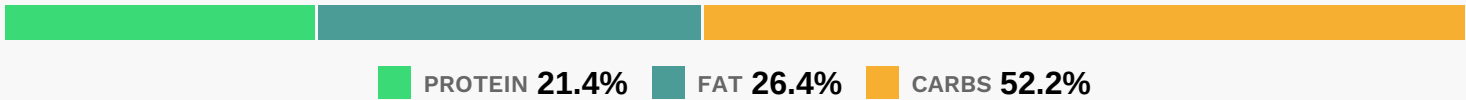
- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Coat a large skillet with a thin layer of water.
- ☐ Add onion, garlic and spices. Cook over high eat until onions are translucent – about 4 minutes.
- ☐ Add tofu and salsa verde and use a spatula to break the tofu into pieces. Stir to evenly incorporate all ingredients. Continue to cook, stirring every so often, until most of the liquid has absorbed – about 10 minutes.
- ☐ Add black beans, reduce to medium heat and continue to simmer until beans are warm and liquid has cooked off. Stir in cooked corn and turn off heat. Spoon into serving bowls and add tomatoes. Crumble corn chips over top and garnish with fresh cilantro.

- ☐ Serve with extra corn chips and hot sauce on the table.
- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber12.40gSugars8.70gProtein24.70g

Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:11.76, Inflammation Score:-8, Nutrition Score:14.20347824304%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 329.13kcal (16.46%), Fat: 10g (15.39%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 36.13g (13.14%), Sugar: 12.37g (13.74%), Cholesterol: 0mg (0%), Sodium: 658.06mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.48%), Fiber: 8.36g (33.45%), Vitamin A: 1470.82IU (29.42%), Manganese: 0.55mg (27.65%), Vitamin C: 20.72mg (25.12%), Folate: 98.9µg (24.73%), Potassium: 754.28mg (21.55%), Iron: 3.71mg (20.6%), Calcium: 192.89mg (19.29%), Magnesium: 69.94mg (17.48%), Phosphorus: 166.61mg (16.66%), Vitamin B1: 0.23mg (15.5%), Vitamin B6: 0.29mg (14.36%), Vitamin B3: 2.14mg (10.7%), Copper: 0.21mg (10.44%), Zinc: 1.3mg (8.67%), Vitamin B5: 0.87mg (8.66%), Vitamin E: 1.04mg (6.93%), Vitamin K: 7.11µg (6.77%), Vitamin B2: 0.1mg (6.17%), Selenium: 1.77µg (2.53%)