



Tortilla Tower

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup broccoli florets
- ☐ 1 celery stalk
- ☐ 2 chicken breasts split
- ☐ 6 servings cilantro leaves for garnish
- ☐ 1 tablespoon corn oil
- ☐ 2 tablespoons corn oil
- ☐ 12 corn tortillas
- ☐ 4 ounces cream cheese softened

- ☐ 1 ear corn
- ☐ 1 head garlic sliced in 1/2 lengthwise
- ☐ 8 ounces heavy whipping cream
- ☐ 0.5 onion plus 1 onion yellow peeled sliced
- ☐ 1 teaspoon oregano leaves chopped
- ☐ 1 large poblano pepper
- ☐ 1 medium bell pepper red sliced
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 cup mexican 4-cheese blend
- ☐ 1 teaspoon sugar
- ☐ 1 large tomatoes
- ☐ 0.3 cup vegetable oil
- ☐ 1 medium onion yellow peeled

Equipment

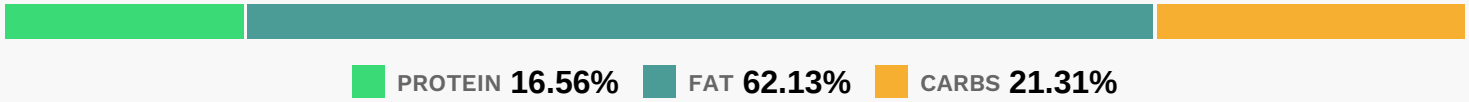
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ cutting board

Directions

- ☐ In a large pot, combine chicken, celery stalk, and 1/2 yellow onion. Cover with 1 quart cold water. Simmer until the chicken is tender and cooked through, about 40 minutes.
- ☐ Remove chicken from cooking liquid to cool on cutting board. Once cool shred, discarding the skin, bones and fat.
- ☐ Combine chicken meat with half of the White Salsa and set aside.
- ☐ In a large skillet, heat 1 tablespoon corn oil over medium high heat.
- ☐ Add onions, red bell peppers, and broccoli.
- ☐ Saute until onions are soft, about 3 minutes.
- ☐ Add corn and cook for another 5 minutes. Season with salt and pepper.
- ☐ Transfer to a bowl and mix with half of the Roasted Red Salsa.
- ☐ Heat 1/4 cup vegetable oil in medium skillet over medium-high heat.
- ☐ Add a tortilla and lightly fry for 10 to 15 seconds. Flip the tortilla over and continue to fry until the tortilla is pliable and heated through, about another 10 to 20 seconds.
- ☐ Place tortillas on a paper towel lined plate, cover with a kitchen towel, and set aside. Repeat with the remaining tortillas.;
- ☐ Preheat oven to 400 degrees F.
- ☐ Place 4 tortillas on a baking sheet. Top each with a layer of the chicken mixture. Top chicken mixture with another tortilla, then a layer of vegetable mix. Top with another tortilla.
- ☐ Spread the remaining White Salsa on the top tortilla of each of the 4 towers.
- ☐ Sprinkle with the Mexican cheese blend and bake for 5 minutes or until cheese starts to brown.
- ☐ Remove from oven and transfer to a serving plate.
- ☐ Garnish with cilantro and serve with remaining Roasted Red Salsa.
- ☐ Preheat oven to 400 degrees F.
- ☐ Rub the tomato, onion, garlic head, and poblano pepper with 1 tablespoon corn oil and place them on a foil lined baking sheet. Roast for 20 minutes or until the tomato and pepper skins start to blacken.
- ☐ Remove to cutting board to cool. Squeeze garlic to release from its skin. Quarter the onion into 4 pieces.
- ☐ Remove the stems and seed from the poblano pepper.
- ☐ Combine all the roasted vegetables in a blender and blend for 1 minute, or until smooth.

- ☐
- Heat remaining 1 tablespoon corn oil in a medium saucepan over medium-high heat.
- ☐
- Add the tomato mixture, sugar, oregano, salt and pepper. Cover and cook for 6 minutes. Set aside.
- ☐
- Heat cream cheese and heavy whipping cream in a medium saucepan over medium-low heat until cheese begins to melt. Cook for 5 minutes, stirring occasionally, or until the mixture is completely smooth. Season with salt and pepper. Set aside.

Nutrition Facts



Properties

Glycemic Index:74.1, Glycemic Load:12.56, Inflammation Score:-9, Nutrition Score:25.162173893141%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 643.51kcal (32.18%), Fat: 45.25g (69.62%), Saturated Fat: 18.36g (114.76%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 29.45g (10.71%), Sugar: 6.82g (7.58%), Cholesterol: 127.75mg (42.58%), Sodium: 301.87mg (13.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.29%), Vitamin C: 62.97mg (76.33%), Phosphorus: 484.41mg (48.44%), Selenium: 33.88µg (48.39%), Vitamin B6: 0.97mg (48.27%), Vitamin B3: 9.34mg (46.71%), Vitamin A: 1995.1IU (39.9%), Vitamin K: 37.94µg (36.13%), Calcium: 243.78mg (24.38%), Vitamin E: 3.34mg (22.27%), Manganese: 0.44mg (21.89%), Fiber: 5.47g (21.88%), Magnesium: 81.22mg (20.31%), Potassium: 704.86mg (20.14%), Vitamin B2: 0.34mg (19.85%), Vitamin B5: 1.61mg (16.1%), Zinc: 2.15mg (14.31%), Vitamin B1: 0.18mg (11.95%), Folate: 38.98µg (9.74%), Iron: 1.68mg (9.32%), Copper: 0.18mg (9.22%), Vitamin B12: 0.48µg (8.04%), Vitamin D: 0.77µg (5.16%)