



## Traditional Chilaquiles

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup cilantro leaves chopped
- 2 leaves mint leaves fresh
- 4 cloves garlic
- 1 jalapeno seeded
- 0.8 cup monterrey jack cheese shredded
- 0.8 cup pepper jack cheese shredded
- 1 poblano pepper peeled seeded
- 8 servings salt to taste

- 3 cups meat from a rotisserie chicken shredded cooked
- 8 tomatillos fresh
- 0.3 cup vegetable oil
- 12 6-inch corn tortillas white cut into 3 strips ()
- 1 onion white coarsely chopped

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- blender
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Blend tomatillos, onion, poblano pepper, jalapeno pepper, cilantro, garlic, mint, and salt in a blender until smooth.
- Transfer mixture to a saucepan and bring to a gentle boil. Reduce heat to medium-low and simmer until thickened, stirring often, about 10 minutes.
- Add chicken to tomatillo sauce and continue to simmer until chicken is heated through, about 5 minutes more.
- Heat vegetable oil in a large skillet over medium heat. Fry tortilla strips in batches until crisp and lightly browned, 5 to 7 minutes.
- Drain on a paper towel-lined plate.
- Layer about half the fried tortillas in a 2-quart baking dish; spread half the tomatillo sauce over tortillas.
- Mix pepperjack cheese and Monterey Jack cheese in a bowl; sprinkle half over tomatillo sauce. Repeat layers.

Bake in preheated oven until cheese is golden and bubbly, 30 to 35 minutes. Allow to cool 5 minutes before serving.

## Nutrition Facts

**PROTEIN 25.2%** **FAT 48.56%** **CARBS 26.24%**

### Properties

Glycemic Index:29.44, Glycemic Load:8.07, Inflammation Score:-5, Nutrition Score:13.469999857571%

### Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

### Nutrients (% of daily need)

Calories: 334.4kcal (16.72%), Fat: 18.23g (28.05%), Saturated Fat: 6.28g (39.23%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 18.45g (6.71%), Sugar: 2.83g (3.14%), Cholesterol: 58.23mg (19.41%), Sodium: 380.18mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.59%), Phosphorus: 341.03mg (34.1%), Vitamin B3: 5.51mg (27.54%), Selenium: 18.84µg (26.91%), Vitamin C: 19.91mg (24.13%), Vitamin K: 22.65µg (21.57%), Vitamin B6: 0.41mg (20.72%), Calcium: 207.06mg (20.71%), Fiber: 3.71g (14.85%), Zinc: 2.09mg (13.93%), Magnesium: 55.53mg (13.88%), Manganese: 0.26mg (13.01%), Vitamin B2: 0.21mg (12.37%), Potassium: 365.43mg (10.44%), Iron: 1.62mg (8.99%), Vitamin A: 400.06IU (8%), Copper: 0.15mg (7.38%), Vitamin B1: 0.11mg (7.12%), Vitamin B5: 0.7mg (7.03%), Vitamin E: 1.01mg (6.73%), Vitamin B12: 0.33µg (5.47%), Folate: 16.33µg (4.08%)