

# Chilaquiles

Yield: 5 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/viva-mexican-chilaquiles-recipe>

## Ingredients:

- 12 corn tortillas 6-in
- 2 tablespoons cooking oil neutral-flavored, for example sunflower, safflower, or grapeseed
- salt
- 4 1/2 cups green enchilada sauce or red, homemade or store bought
- 2 cups chicken cooked shredded
- 1/8 white onion thinly sliced
- 1/2 cup queso fresco crumbled, see notes
- 3/4 avocado diced or sliced
- 2 tablespoons chopped fresh cilantro

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 70 milligrams
4. Fat: 17 grams
5. Fiber: 10 grams
6. Protein: 28 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 2170 milligrams
9. Sugar: 17 grams

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