



Authentic Mexican Torta - Tortas Ahogadas

 Dairy Free  Very Healthy

READY IN



190 min.

SERVINGS



12

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chipotle chili peppers dried
- ☐ 8 cloves garlic minced
- ☐ 2 teaspoons ground pepper black
- ☐ 2 pickled jalapeño peppers sliced
- ☐ 4 onions chopped
- ☐ 5 teaspoons oregano fresh minced
- ☐ 9 pounds pork butt boneless
- ☐ 20 roma tomatoes chopped

- ☐ 12 servings salt to taste
- ☐ 12 mexican bolillo rolls lightly toasted cut in half lengthwise
- ☐ 6 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 0.3 teaspoon sugar white

Equipment

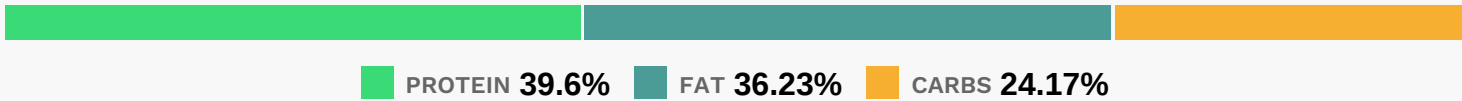
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Preheat an oven to 475 degrees F (245 degrees C).
- ☐ Mix the 16 cloves of minced garlic, 2 tablespoons of minced oregano, 2 teaspoons of salt, and pepper in a bowl. Rub garlic mixture over the pork butt, and place pork in a shallow roasting pan.
- ☐ Roast in the preheated oven for 20 minutes, then reduce oven temperature to 350 degrees F (175 degrees C). Continue roasting until pork is tender and no longer pink in the center, about 2 hours and 15 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C). Cover the meat with two layers of aluminum foil, and allow to rest in a warm area for 20 minutes before rough chopping or shredding it. Reserve pan drippings.
- ☐ Place the chipotle peppers in a bowl, and cover with hot water. Allow peppers to soak until softened, about 3 minutes; drain. Set aside.

- ☐ Heat the vegetable oil in a skillet over medium heat. Stir in 8 cloves of minced garlic and the chopped onions; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the Roma tomatoes, 1 cup of water, chipotle chili peppers, 5 teaspoons of oregano, sugar, and salt to taste.
- ☐ Add the reserved pan drippings. Simmer, uncovered, over low heat for 15 to 20 minutes, stirring frequently.
- ☐ Pour the chipotle sauce into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the sauce moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the sauce right in the skillet. Strain the sauce through a sieve.
- ☐ To serve: Hollow out the bottom half of each bolillo to make a shallow bowl for the chopped pork. Scoop about 2 tablespoons of the chipotle sauce over the bottom of each roll, then arrange the chopped pork over the sauce. Top each sandwich with a couple slices of pickled jalapeno, followed by the top half of the roll.
- ☐ Pour about 1/4 cup of additional chipotle sauce over the entire sandwich.

Nutrition Facts



Properties

Glycemic Index:25.59, Glycemic Load:25.1, Inflammation Score:-9, Nutrition Score:44.827825795049%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 730.37kcal (36.52%), Fat: 28.83g (44.36%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 39.14g (14.23%), Sugar: 9.81g (10.9%), Cholesterol: 204.12mg (68.04%), Sodium: 717.75mg (31.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.92g (141.84%), Selenium: 96.47µg (137.81%), Vitamin B1: 1.96mg (130.68%), Vitamin B6: 1.94mg (97.17%), Iron: 15.47mg (85.95%), Vitamin B2: 1.34mg (79.1%), Vitamin B3: 15.67mg (78.33%), Zinc: 11.72mg (78.16%), Phosphorus: 728.05mg (72.81%), Vitamin B5: 5.5mg (55%), Vitamin B12: 3.1µg (51.6%), Potassium: 1480.47mg (42.3%), Vitamin K: 27.01µg (25.72%), Vitamin C: 20.28mg

(24.58%), Magnesium: 93.75mg (23.44%), Copper: 0.44mg (22.12%), Vitamin A: 902.83IU (18.06%), Fiber: 4.14g (16.56%), Manganese: 0.33mg (16.48%), Vitamin E: 2.18mg (14.53%), Vitamin D: 2.04µg (13.61%), Calcium: 92.18mg (9.22%), Folate: 25.19µg (6.3%)