



Beef and Fontina Tostaditos

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves minced
- ☐ 48 round corn tortilla chips mini
- ☐ 2 ounces fontina shredded
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons onion red finely chopped
- ☐ 4 ounces thickly roast beef sliced finely chopped
- ☐ 24 servings salt
- ☐ 4 medium tomatillos husked finely chopped

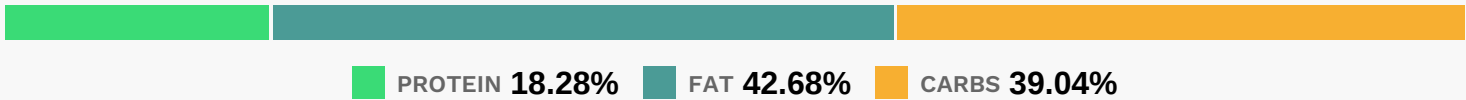
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ In a small bowl, combine the tomatillos, red onion, cilantro and 1/2 teaspoon of the hot sauce.
- ☐ In a medium bowl, combine the roast beef with the Fontina and the remaining 1/2 teaspoon of hot sauce. Arrange half of the tortilla chips on a large rimmed baking sheet. Spoon the roast beef filling onto the tortilla chips and top with the remaining 24 chips.
- ☐ Bake the tostaditos for 5 to 7 minutes, or until the filling is hot and bubbling.
- ☐ Transfer to a platter. Season the tomatillo relish with salt, spoon a little on top of each tostadito and serve immediately.
- ☐ Wine Recommendation: Stuckey: The 1993 Iron Horse Brut Ros from California is high in acidity, which refreshes the palate after a little south-of-the-border heat.Triffon: Sweet-tart-spicy Southwestern flavors love fruity Gewrztraminer, and the acidity and slight sweetness in the 1996 Domaine Weinbach Cuve Laurence go nicely with the tomatillos.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.5456521485163%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 45.35kcal (2.27%), Fat: 2.2g (3.39%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.08g (1.49%), Sugar: 0.34g (0.38%), Cholesterol: 5.43mg (1.81%), Sodium: 307.99mg (13.39%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin C: 2.98mg (3.62%), Phosphorus: 33.28mg (3.33%), Calcium: 33.33mg (3.33%), Vitamin B3: 0.51mg (2.56%), Zinc: 0.35mg (2.34%), Vitamin B12: 0.12µg (2%), Magnesium: 7.6mg (1.9%), Vitamin K: 2µg (1.9%), Vitamin B6: 0.04mg (1.8%), Fiber: 0.45g (1.79%), Vitamin E: 0.24mg (1.61%), Selenium: 0.96µg (1.37%), Iron: 0.24mg (1.31%), Potassium: 42.52mg (1.21%), Vitamin B5: 0.11mg (1.05%), Vitamin B2: 0.02mg (1.01%)