



## Carne Asada Torta (Poc Chuc Torta)

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 avocados sliced
- 2 tablespoons thyme leaves fresh roughly chopped
- 4 servings mayonnaise
- 2 pounds thinly cut flap meat
- 1 cup orange juice freshly squeezed (from 3 oranges)
- 1 tablespoon mexican oregano dried crumbled
- 4 servings jalapeño peppers
- 4 servings salt and pepper black freshly ground

- 4 bolillo rolls halved lengthwise
- 2 tomatoes sliced
- 2 tablespoons vegetable oil

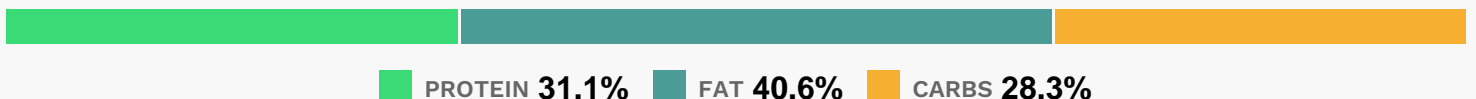
## Equipment

- grill
- stove
- tongs
- grill pan

## Directions

- Watch how to make this recipe.
- Place the meat in a 13-by-9-inch glass dish.
- Sprinkle the meat on both sides with salt and pepper. Toss the meat with the thyme and oregano, making sure the meat is evenly coated.
- Pour the orange juice all over the meat.
- Let the meat marinate for 30 minutes.
- Heat a charcoal or gas grill, or use a stovetop grill pan, on high heat.
- Once the grill is hot, grill the meat for 5 minutes per side, using tongs to flip the meat.
- Remove the meat from the heat and allow to rest, covered, for about 10 minutes.
- Slice the meat into pieces large enough to fit the bolillo roll.
- Spread 1 tablespoon of mayonnaise on the inside halves of each bolillo roll. Season with some more salt and pepper. Slightly toast the bolillo roll on the grill, cut side down, about 1 minute.
- Place a sliced piece of meat on the inside of the roll.
- Add the avocado and tomato slices.
- Serve with some pickled jalapenos alongside.

## Nutrition Facts



## Properties

Glycemic Index:83.75, Glycemic Load:27.82, Inflammation Score:-10, Nutrition Score:39.289999998134%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 726.24kcal (36.31%), Fat: 33.01g (50.79%), Saturated Fat: 5g (31.26%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 42.05g (15.29%), Sugar: 11.92g (13.24%), Cholesterol: 146.83mg (48.94%), Sodium: 609.09mg (26.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.9g (113.79%), Vitamin B3: 26.14mg (130.72%), Selenium: 73.2µg (104.57%), Vitamin B6: 2.06mg (102.94%), Iron: 13.44mg (74.67%), Vitamin C: 57.93mg (70.22%), Phosphorus: 560.57mg (56.06%), Vitamin K: 53.57µg (51.02%), Vitamin B5: 4.84mg (48.39%), Potassium: 1637.45mg (46.78%), Fiber: 9.73g (38.93%), Folate: 123.2µg (30.8%), Magnesium: 111.03mg (27.76%), Vitamin E: 3.79mg (25.28%), Vitamin B2: 0.41mg (24.24%), Vitamin A: 1058.76IU (21.18%), Vitamin B1: 0.3mg (19.72%), Manganese: 0.39mg (19.61%), Copper: 0.35mg (17.33%), Zinc: 2.2mg (14.68%), Calcium: 77.89mg (7.79%), Vitamin B12: 0.46µg (7.64%), Vitamin D: 0.23µg (1.57%)