



HEALTH SCORE

58%

Cheech's Manchaca



Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 can canned tomatoes whole chopped
- ☐ 4 cups chicken stock see
- ☐ 1.5 pound flank steak thin
- ☐ 8 servings flour tortillas for serving
- ☐ 2 idaho potatoes diced
- ☐ 1 small jar jalapeños
- ☐ 1 large onion chopped
- ☐ 2 teaspoons oregano dried

☐ 8 servings salt and pepper black freshly ground

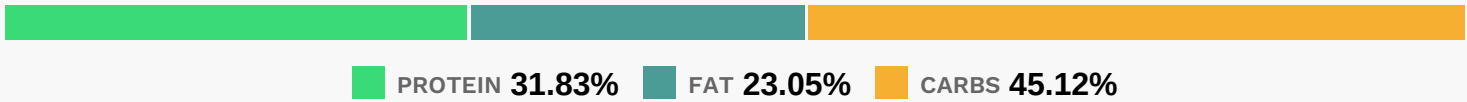
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Sprinkle the steak with the oregano, salt and pepper and place on a baking sheet. Broil the steak until well done, about 6 minutes per side.
- ☐ Remove from the oven and let cool before slicing. Slice or shred the steak into thin pieces and set aside.
- ☐ In a large pot, combine the chicken stock, potatoes, jalapenos, onions and tomatoes, and bring to a boil over medium-high heat. Reduce the heat and add the shredded steak. Simmer the mixture for 2 hours until thickened.
- ☐ Serve the Manchaca with warm flour tortillas to wrap.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:31.59, Glycemic Load:14.21, Inflammation Score:-8, Nutrition Score:24.130434741145%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 331.43kcal (16.57%), Fat: 8.48g (13.04%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 32.88g (11.96%), Sugar: 8.17g (9.07%), Cholesterol: 54.63mg (18.21%), Sodium: 510.12mg (22.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.68%), Vitamin C: 59.81mg (72.49%), Vitamin B6: 1.07mg (53.62%), Vitamin B3: 10.29mg (51.44%), Selenium: 35.23µg (50.33%), Phosphorus: 329.11mg (32.91%), Potassium: 966.5mg (27.61%), Zinc: 3.98mg (26.56%), Vitamin B1: 0.36mg (24.2%), Iron: 4.12mg (22.87%), Manganese: 0.44mg (21.91%), Vitamin B2: 0.37mg (21.55%), Folate: 75.63µg (18.91%), Fiber: 4.46g (17.86%), Vitamin K: 18.31µg (17.44%), Vitamin E: 2.55mg (16.98%), Copper: 0.34mg (16.92%), Magnesium: 62.4mg (15.6%), Vitamin B12: 0.77µg (12.9%), Vitamin A: 582.17IU (11.64%), Calcium: 107.49mg (10.75%), Vitamin B5: 1.05mg (10.51%)