



## Cheesy Ham & Refried Bean Tlayudas

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



48 kcal

SIDE DISH

### Ingredients

- 1 avocado divided sliced
- 2 cups cabbage shredded divided
- 4 slices oscar mayer baked ham divided cooked chopped
- 1 cup low-moisture part-skim mozzarella cheese shredded divided kraft
- 1 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 0.5 cup refried beans warmed divided
- 0.3 tsp salt
- 1 tomatoes divided chopped

0.8 cup water

## Equipment

frying pan

plastic wrap

## Directions

Mix masa, water and salt until mixture forms dry crumbly dough, adding more water if necessary. Shape dough into 2 rounds.

Place each between 2 large pieces of plastic wrap; roll to 10-inch rounds.

Remove plastic wrap.

Heat large skillet on medium-high heat.

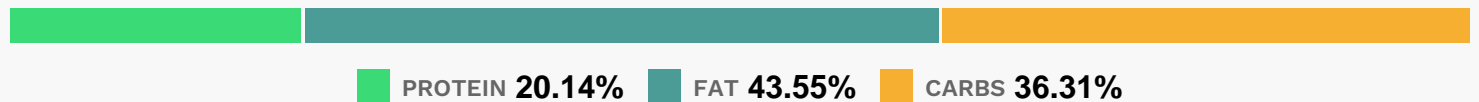
Add 1 dough piece; cook 2 min. or until crisp on both sides, turning frequently.

Spread with 1/4 cup refried beans; top with half of each of the remaining ingredients.

Repeat with remaining dough and ingredients.

Cut into wedges to serve.

## Nutrition Facts



## Properties

Glycemic Index:5.37, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.6456521568091%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 47.73kcal (2.39%), Fat: 2.36g (3.64%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.44g (0.49%), Cholesterol: 4.7mg (1.57%), Sodium: 111.8mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin B1: 0.09mg (5.87%), Vitamin K: 5.34µg (5.08%), Folate: 16.44µg (4.11%), Fiber: 1.03g (4.1%), Calcium: 39.21mg (3.92%), Phosphorus: 39.09mg (3.91%), Vitamin B2: 0.06mg (3.62%), Vitamin C: 2.94mg (3.56%), Vitamin B3: 0.7mg (3.5%), Vitamin B6: 0.06mg (3.06%), Selenium: 1.96µg (2.8%), Iron: 0.43mg (2.4%), Zinc: 0.32mg (2.1%), Potassium: 73.96mg (2.11%), Magnesium: 8.12mg (2.03%), Manganese: 0.04mg (1.98%), Vitamin A: 77.92IU (1.56%), Copper: 0.03mg (1.39%), Vitamin B5: 0.13mg (1.34%), Vitamin E: 0.19mg (1.24%)