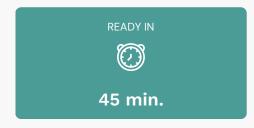


Gorditas with Turkey Mole

airy Free



12 servings turkey mole





LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

| 1 teaspoon double-acting baking powder |
|---|
| 1.3 cups chicken broth |
| 0.5 cup flour all-purpose |
| 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal |
| 1 cup buzz's pot of beans mashed drained |
| 1 cup refried beans or |
| 0.5 teaspoon salt |

| | 12 servings vegetable oil | |
|------------|--|--|
| | 0.3 cup vegetable shortening | |
| | 12 servings toppings | |
| | 12 servings toppings | |
| Equipment | | |
| | frying pan | |
| | paper towels | |
| | mixing bowl | |
| | hand mixer | |
| | wax paper | |
| Directions | | |
| | Stir together masa harina and broth in a large mixing bowl. Cover and let stand 30 minutes. | |
| | Add shortening, flour, salt, and baking powder; beat at medium speed with an electric mixer until smooth. | |
| | Divide dough into 12 golf-size balls. Arrange on wax paper, and cover with damp towels. Pat each ball of dough into a 3-inch circle. (Lightly oil fingers to keep mixture from sticking.) Pincledges of circles to form a ridge, and press a well into each center to hold toppings. Cover with a damp towel to prevent dough from drying. | |
| | Pour oil to a depth of 1/4 inch into a large skillet; heat to 35 | |
| | Fry gorditas, in batches, 2 minutes on each side, or until golden brown. | |
| | Drain on paper towels. | |
| | Dollop each gordita with 2 tablespoons refried beans; spoon 1 tablespoon Turkey Mole over beans on each gordita. (Reserve extra beans and mole for other uses.) Top gorditas with desired toppings, and garnish, if desired. | |
| | Tip: Fill a squirt bottle with sour cream. Squeeze onto top of gordita. | |
| | Note: Masa harina is corn flour traditionally used to make corn tortillas. It can be found in the ethnic foods section of larger grocery stores. | |

Nutrition Facts

Properties

Glycemic Index:19.17, Glycemic Load:3.74, Inflammation Score:-4, Nutrition Score:12.720434898915%

Nutrients (% of daily need)

Calories: 357.06kcal (17.85%), Fat: 22.55g (34.69%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 19.74g (7.18%), Sugar: 0.66g (0.73%), Cholesterol: 43.94mg (14.65%), Sodium: 408.05mg (17.74%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 16.77g (33.53%), Vitamin B3: 6.85mg (34.27%), Vitamin K: 28.03µg (26.7%), Selenium: 17.38µg (24.83%), Vitamin B1: 0.36mg (23.74%), Vitamin B6: 0.45mg (22.7%), Folate: 73.18µg (18.3%), Vitamin B2: 0.3mg (17.93%), Phosphorus: 172.5mg (17.25%), Iron: 2.64mg (14.67%), Vitamin B12: 0.74µg (12.35%), Zinc: 1.55mg (10.33%), Fiber: 2.49g (9.97%), Magnesium: 39.56mg (9.89%), Vitamin E: 1.47mg (9.83%), Manganese: 0.14mg (6.96%), Calcium: 69.4mg (6.94%), Potassium: 236.43mg (6.76%), Vitamin B5: 0.58mg (5.8%), Copper: 0.11mg (5.29%), Vitamin C: 4.14mg (5.02%), Vitamin A: 91.55IU (1.83%), Vitamin D: 0.18µg (1.21%)