



Gorditas with Turkey Mole

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



357 kcal

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 turkey mole

- ☐ 12 servings vegetable oil
- ☐ 0.3 cup vegetable shortening
- ☐ 12 servings toppings
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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.) Pinch edges 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



 **PROTEIN 18.68%**  **FAT 56.54%**  **CARBS 24.78%**

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 %: 0% (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%)