



Grilled Hot Dog Tortas (Tortas de salchicha)

READY IN



45 min.

SERVINGS



4

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices processed cheese food yellow thin
- 12 ounces all-beef hot dog fully-cooked halved lengthwise
- 0.5 cup black beans homemade canned
- 0.3 cup crema mexicana
- 4 teaspoons mustard yellow
- 4 large portugese rolls split
- 3 tablespoons butter unsalted softened

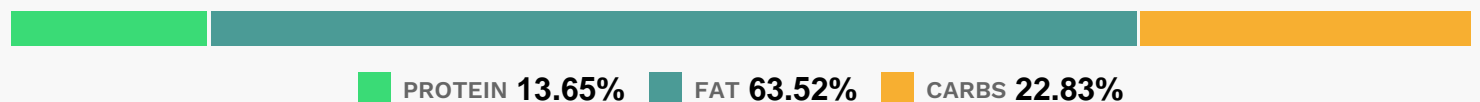
Equipment

frying pan

Directions

- Heat a large nonstick skillet over medium-high heat.
- Spread the butter evenly over the cut sides of the rolls. Cook the rolls, buttered sides down, in the skillet until they are light golden brown and crisp, but still soft in the middle, a minute or two.
- Spread a layer of beans (a tablespoon or two) over the bottom half of each roll, then put a slice of cheese on the roll bottoms.
- Spread the crema and mustard over the roll tops and add the remaining cheese.
- Cook the hot dogs, cut side down, in the same pan until they're golden brown, about 2 minutes per side. Set the bun bottoms, cheese side down, on top of the hot dogs. Cook for a minute more, so the cheese has a chance to melt.
- Flip the bun bottoms and the hot dogs together onto a cutting board. Top with SLICED CANNED PICKLED JALAPEÑOS, THINLY SLICED WHITE ONIONS, slices of RIPE MEXICAN HASS AVOCADO, and a pinch of salt. Cover with the roll tops and press firmly but gently.
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Nutrition Facts



Properties

Glycemic Index: 40.5, Glycemic Load: 24.36, Inflammation Score: -5, Nutrition Score: 15.988695808889%

Nutrients (% of daily need)

Calories: 740.14kcal (37.01%), Fat: 52.4g (80.61%), Saturated Fat: 23.62g (147.61%), Carbohydrates: 42.36g (14.12%), Net Carbohydrates: 39.21g (14.26%), Sugar: 7.18g (7.98%), Cholesterol: 120.02mg (40.01%), Sodium: 1983.38mg (86.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.33g (50.66%), Iron: 12.59mg (69.93%), Calcium: 488.87mg (48.89%), Phosphorus: 426.31mg (42.63%), Vitamin B12: 2.03µg (33.9%), Selenium: 20.33µg (29.04%), Zinc: 3.19mg (21.27%), Vitamin A: 730.51IU (14.61%), Fiber: 3.15g (12.6%), Vitamin B2: 0.2mg (11.93%), Vitamin B3: 2.12mg (10.61%), Folate: 41.16µg (10.29%), Magnesium: 39.64mg (9.91%), Copper: 0.19mg (9.44%), Manganese: 0.15mg (7.55%), Potassium: 252.35mg (7.21%), Vitamin B1: 0.1mg (6.51%), Vitamin D: 0.92µg (6.13%), Vitamin B6: 0.1mg (5.13%), Vitamin B5: 0.43mg (4.35%), Vitamin E: 0.6mg (3.98%), Vitamin K: 1.9µg (1.81%)