



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 beef hot dogs fully-cooked halved lengthwise
- ☐ 0.5 cup refried black beans homemade canned
- ☐ 0.3 cup crème fraîche
- ☐ 4 teaspoons dijon yellow
- ☐ 4 large rolls split
- ☐ 3 tablespoons butter unsalted softened

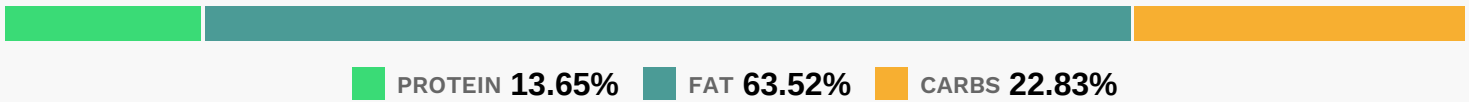
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Spreadthe butter evenly over the cut sides of the rolls. Cook the rolls, butteredsides down, in the skillet until they are light golden brownand crisp, but still soft in the middle, a minute or two.
- ☐ Spread a layer of beans (a tablespoon or two) over the bottomhalf 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 remainingcheese.
- ☐ Cook the hot dogs, cut side down, in the same pan untilthey're golden brown, about 2 minutes per side. Set the bun bottoms,cheese side down, on top of the hot dogs. Cook for a minutemore, so the cheese has a chance to melt.
- ☐ Flip the bun bottoms and the hot dogs together onto a cuttingboard. Top with SLICED CANNED PICKLED JALAPEÑOS, THINLYSLICED WHITE ONIONS, slices of RIPE MEXICAN HASS AVOCADO,and a pinch of salt. Cover with the roll tops and press firmly butgently.
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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: Og (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%)