



Huaraches

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



856 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 servings beef and chili topping
- ☐ 2 cups cabbage shredded
- ☐ 4 servings cilantro chicken topping
- ☐ 1.8 cups fat-skimmed chicken broth
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 cups dehydrated masa flour (corn tortilla flour)
- ☐ 4 servings mushroom topping

- ☐ 0.3 cup nonfat sour reduced-fat
- ☐ 4 servings chili pork topping
- ☐ 15 oz refried beans canned
- ☐ 0.3 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 4 servings topping (choices follow)
- ☐ 0.5 cup tomatillo salsa green

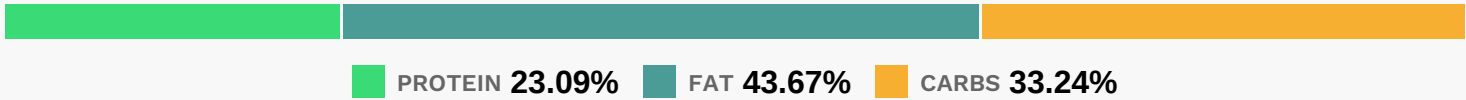
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In a bowl, stir masa flour, baking powder, salt, and broth until dough holds together well, adding a little water if needed.
- ☐ Divide dough into 4 equal portions. Shape each portion into a 6-inch-long log on a sheet of waxed paper. Pat each log into a 1/8-inch-thick oval, about 4 by 8 inches. (If shaped ahead, stack with waxed paper, wrap airtight, and refrigerate up to 2 hours.)
- ☐ Place a griddle or 2 frying pans (10 to 12 in.) over medium-high heat. When pan is hot, flip masa dough onto pan and peel off paper. Cook until bottom of masa is light brown, about 3 minutes. Use a wide spatula to turn huaraches over.
- ☐ Spread about 1/4 of the beans over each huarache. Cover beans with 1/4 of the chicken topping. Cook until huarache bottoms are lightly browned, 2 to 3 minutes. With a wide spatula, transfer to plates.
- ☐ Top huaraches equally with shredded cabbage, salsa, cheese, sour cream, salt, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:71.13, Glycemic Load:26.5, Inflammation Score:-7, Nutrition Score:30.150869442069%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 855.51kcal (42.78%), Fat: 41.2g (63.38%), Saturated Fat: 14.06g (87.87%), Carbohydrates: 70.53g (23.51%), Net Carbohydrates: 57.7g (20.98%), Sugar: 7.13g (7.93%), Cholesterol: 155.82mg (51.94%), Sodium: 1981.02mg (86.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.01g (98.02%), Phosphorus: 752.52mg (75.25%), Vitamin B3: 13.57mg (67.83%), Selenium: 40.09µg (57.28%), Fiber: 12.83g (51.33%), Vitamin B6: 1.02mg (50.91%), Zinc: 6.99mg (46.57%), Vitamin B12: 2.58µg (43.01%), Magnesium: 130.77mg (32.69%), Iron: 5.55mg (30.84%), Calcium: 302.22mg (30.22%), Vitamin K: 30.02µg (28.59%), Vitamin B2: 0.47mg (27.73%), Manganese: 0.49mg (24.48%), Potassium: 846.64mg (24.19%), Vitamin C: 15.78mg (19.13%), Vitamin B5: 1.85mg (18.5%), Vitamin B1: 0.27mg (17.99%), Copper: 0.32mg (16.22%), Vitamin A: 540.14IU (10.8%), Folate: 39.26µg (9.81%), Vitamin E: 1.14mg (7.63%), Vitamin D: 0.37µg (2.47%)