



## Mexican Botana Platter

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16 ounce processed cheese food shredded
- ☐ 4 avocados pitted peeled mashed
- ☐ 2 pounds beef skirt steak
- ☐ 2 pounds chicken thighs boneless
- ☐ 0.3 bunch cilantro leaves chopped
- ☐ 1 cup corn oil
- ☐ 24 corn tortillas
- ☐ 2.5 teaspoons garlic powder divided

- ☐ 1 medium bell pepper green chopped
- ☐ 12 servings lemon pepper to taste
- ☐ 1 medium onion chopped
- ☐ 2 cups refried beans
- ☐ 12 servings salt to taste
- ☐ 2 teaspoons fajita seasoning
- ☐ 12 ounces cup heavy whipping cream sour
- ☐ 2 large tomatoes chopped

## Equipment

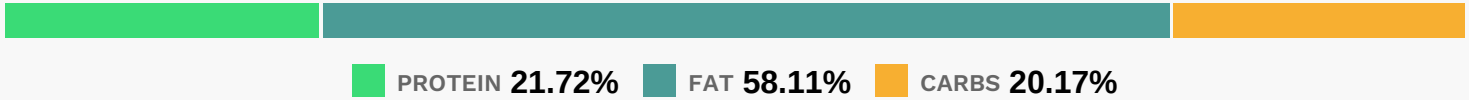
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Rub beef and chicken with fajita seasoning and 2 teaspoons garlic powder.
- ☐ Cut beef and chicken into 1-inch strips, and set aside.
- ☐ In a saucepan, warm refried beans over medium-low heat.
- ☐ Stir salt, lemon pepper, and 1/2 teaspoon garlic powder into mashed avocados. Set aside.
- ☐ Heat corn oil in a deep skillet over medium-high heat.
- ☐ Cut tortillas in half, then cut in half again to make 4 triangular pieces per tortilla.
- ☐ Place into the skillet as many tortilla pieces as will fit without overlapping, and fry until crisp; repeat this process until all the tortilla pieces have been fried.
- ☐ Remove crisp tortillas to paper towels. Discard oil, and wipe out skillet.
- ☐ Return skillet to medium heat, and stir in beef, chicken, bell pepper, and onion. Cook, stirring occasionally, about 7 minutes; then stir in cilantro.

- ☐ Layer the tortilla pieces along the bottom of a large baking dish.
- ☐ Spread refried beans evenly over tortilla pieces.
- ☐ Sprinkle cheese over beans, then spread meat mixture evenly on top.
- ☐ Bake in preheated oven until cheese and beans are bubbly, about 20 minutes.
- ☐ Remove from oven, and drop sour cream and guacamole by tablespoonfuls in various places across the top.
- ☐ Sprinkle tomatoes and jalapenos on top.

## Nutrition Facts



### Properties

Glycemic Index:25.46, Glycemic Load:12.53, Inflammation Score:-8, Nutrition Score:32.066956333492%

### Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

### Nutrients (% of daily need)

Calories: 773.62kcal (38.68%), Fat: 50.87g (78.26%), Saturated Fat: 17.16g (107.25%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 29.16g (10.6%), Sugar: 5.2g (5.77%), Cholesterol: 176.24mg (58.75%), Sodium: 1203.29mg (52.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.78g (85.55%), Phosphorus: 713.82mg (71.38%), Selenium: 43.13µg (61.62%), Zinc: 8.08mg (53.88%), Calcium: 518.04mg (51.8%), Vitamin B3: 10.09mg (50.44%), Vitamin B6: 0.98mg (49.16%), Vitamin B12: 2.72µg (45.34%), Fiber: 10.57g (42.28%), Vitamin B2: 0.62mg (36.2%), Potassium: 1005.69mg (28.73%), Vitamin K: 28.9µg (27.53%), Magnesium: 108.71mg (27.18%), Vitamin B5: 2.5mg (25.04%), Vitamin C: 19.85mg (24.06%), Manganese: 0.48mg (23.9%), Iron: 3.95mg (21.95%), Vitamin A: 1049.96IU (21%), Vitamin E: 3.09mg (20.63%), Folate: 75.81µg (18.95%), Copper: 0.37mg (18.49%), Vitamin B1: 0.23mg (15.46%), Vitamin D: 0.38µg (2.52%)