



Mexican Botana Platter

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



775 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
- ☐ 4 pickled jalapeño peppers sliced
- ☐ 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

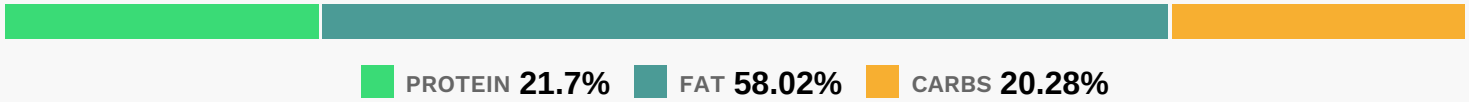
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

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:28.13, Glycemic Load:12.59, Inflammation Score:-8, Nutrition Score:32.647826132567%

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: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg 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: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 774.97kcal (38.75%), Fat: 50.89g (78.29%), Saturated Fat: 17.16g (107.28%), Carbohydrates: 40.03g (13.34%), Net Carbohydrates: 29.33g (10.67%), Sugar: 5.39g (5.99%), Cholesterol: 176.24mg (58.75%), Sodium: 1203.43mg (52.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.82g (85.64%), Phosphorus: 715.03mg (71.5%), Selenium: 43.15µg (61.64%), Zinc: 8.09mg (53.92%), Calcium: 518.6mg (51.86%), Vitamin B3: 10.15mg (50.73%), Vitamin B6: 1mg (50.14%), Vitamin B12: 2.72µg (45.34%), Fiber: 10.7g (42.8%), Vitamin B2: 0.62mg (36.4%), Vitamin C: 25.38mg (30.77%), Potassium: 1017.26mg (29.06%), Vitamin K: 29.77µg (28.35%), Magnesium: 109.41mg (27.35%), Vitamin B5: 2.52mg (25.19%), Manganese: 0.48mg (24.12%), Iron: 3.96mg (22.01%), Vitamin A: 1100.27IU (22.01%), Vitamin E: 3.26mg (21.74%), Folate: 77.07µg (19.27%), Copper: 0.37mg (18.59%), Vitamin B1: 0.23mg (15.59%), Vitamin D: 0.38µg (2.52%)