



## Mexican Hero Sandwiches

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 lb firm-ripe avocado
- 16 pieces pickled jalapeno chilies drained sliced (jalapeños en escabeche)
- 4 crusty sandwich rolls ( 3 by)
- 2 cups iceberg lettuce shredded finely
- 4 to 6 onion red separated thin
- 15 oz refried beans canned
- 4 servings salsa
- 4 servings salt and pepper

- 0.5 lb firm-ripe tomato cored rinsed thinly sliced

## Equipment

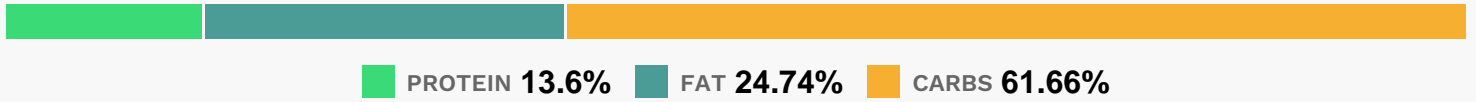
- bowl
- frying pan
- baking sheet
- oven
- microwave
- spatula

## Directions

- Cut rolls in half horizontally. Pull out soft centers, making bread shells about 1/2 inch thick. Reserve soft bread for another use. Set rolls in a single layer on a 14- by 17-inch baking sheet.
- Broil rolls about 4 inches from heat, turning once, until lightly toasted on both sides, about 3 minutes total.
- Meanwhile, scoop beans into a microwave-safe bowl; cover.
- Heat in a microwave oven at full power (100%) until hot, about 2 minutes; stir at least once.
- Spread refried beans equally on cut sides of each roll section. In bottom section of each roll, tuck equal portions of the filling, onion, tomato, chilies, and cabbage.
- Sprinkle lightly with salt and pepper.
- Cut avocado in half lengthwise; discard pit. With a large spoon, scoop avocado from shell (or pull off peel), chopping slightly.
- Place equal portions of avocado on cut sides of the roll tops and spread to cover; sprinkle lightly with salt and pepper. Set tops, avocado down, on sandwich bases. Press down to secure filling.
- Serve with salsa to add to taste.
- Egg-chorizo filling: Chop 1/3 pound cooked or smoked chorizo or linguisa sausage. In a bowl, beat 8 large eggs to blend with 2 tablespoons water and 1/4 teaspoon salt. In a 10- to 12-inch nonstick frying pan over medium-high heat, stir chorizo until lightly browned, 3 to 4 minutes.
- Add egg mixture. As mixture sets, use a wide spatula to push cooked eggs aside and let uncooked liquid flow to pan bottom. Cook until eggs are softly set, about 2 minutes.

- Add salt and pepper to taste.
- Ham and cheese filling: Use 3/4 pound thinly sliced cooked ham and 1/4 pound sliced asadero or jack cheese.
- Chicken filling: Use 3/4 pound purchased cooked, seasoned chicken breast strips or sliced, cooked chicken breasts.
- Cheese filling: Use 3/4 pound panela or fresh mozzarella cheese, cut into 1/4-inch-thick slices.

## Nutrition Facts



### Properties

Glycemic Index:55.25, Glycemic Load:6.35, Inflammation Score:-9, Nutrition Score:20.2273912844445%

### Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 23.17mg, Quercetin: 23.17mg, Quercetin: 23.17mg, Quercetin: 23.17mg

### Nutrients (% of daily need)

Calories: 399.08kcal (19.95%), Fat: 11.14g (17.14%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 62.45g (20.82%), Net Carbohydrates: 49.25g (17.91%), Sugar: 12.34g (13.71%), Cholesterol: 0mg (0%), Sodium: 1340.24mg (58.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.56%), Fiber: 13.19g (52.77%), Folate: 142.12µg (35.53%), Vitamin C: 28.94mg (35.08%), Selenium: 23.41µg (33.44%), Manganese: 0.64mg (31.92%), Vitamin B1: 0.41mg (27.39%), Vitamin K: 27.75µg (26.43%), Potassium: 777.77mg (22.22%), Vitamin B6: 0.43mg (21.74%), Vitamin B3: 4.32mg (21.6%), Iron: 3.85mg (21.37%), Vitamin A: 1017.92IU (20.36%), Vitamin B2: 0.33mg (19.32%), Copper: 0.31mg (15.61%), Phosphorus: 151.15mg (15.12%), Vitamin E: 2.22mg (14.83%), Magnesium: 57.31mg (14.33%), Calcium: 143.13mg (14.31%), Vitamin B5: 1.31mg (13.12%), Zinc: 1.31mg (8.74%)