



Molletes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

SIDE DISH

Ingredients

- 0.3 cup black beans generous homemade canned
- 0.5 cup pico de gallo generous with lemon zest
- 6 ounces provolone cheese shredded
- 2 large portugese rolls split
- 1 tablespoon butter unsalted softened

Equipment

- bowl
- frying pan

- oven
- toaster

Directions

- Preheat the oven or toaster oven to 500°F.
- Heat a large pan over medium heat until it's nice and hot.
- Spread the butter over the cut sides of the roll halves.
- Place them, cut sides down, in the pan and cook until they are lightly golden brown and crispy, a minute or two.
- Spread a thin layer of beans over the toasted side of each roll. Top with a thin layer of cheese. Cook the molletes (open-faced) in the oven just until the cheese has melted and turned golden brown in a few spots, 3 to 5 minutes.
- Serve the molletes beside a bowl of the pico de gallo and let everyone top the molletes with pico de gallo themselves.
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Nutrition Facts

PROTEIN 20.03% **FAT 47.37%** **CARBS 32.6%**

Properties

Glycemic Index:32.5, Glycemic Load:12.21, Inflammation Score:-4, Nutrition Score:7.546956502873%

Nutrients (% of daily need)

Calories: 288.34kcal (14.42%), Fat: 15.31g (23.55%), Saturated Fat: 9.08g (56.78%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 22.24g (8.09%), Sugar: 5.06g (5.62%), Cholesterol: 36.87mg (12.29%), Sodium: 655.23mg (28.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.13%), Calcium: 328.42mg (32.84%), Iron: 5.77mg (32.07%), Phosphorus: 226.81mg (22.68%), Vitamin A: 595.35IU (11.91%), Vitamin B12: 0.63µg (10.45%), Zinc: 1.5mg (9.98%), Selenium: 6.33µg (9.04%), Vitamin B2: 0.14mg (8.47%), Fiber: 1.47g (5.87%), Folate: 20.37µg (5.09%), Magnesium: 19.5mg (4.88%), Potassium: 97.69mg (2.79%), Manganese: 0.05mg (2.61%), Vitamin B5: 0.23mg (2.32%), Vitamin B1: 0.03mg (2.3%), Vitamin C: 1.62mg (1.96%), Vitamin B6: 0.04mg (1.93%), Vitamin D: 0.27µg (1.77%), Copper: 0.03mg (1.7%), Vitamin E: 0.18mg (1.19%), Vitamin K: 1.18µg (1.12%)