



HEALTH SCORE

83%

Panuchos (Black-Bean-Filled Tostadas)



Gluten Free



Dairy Free



Very Healthy

READY IN



150 min.

SERVINGS



2

CALORIES



2193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons annatto powder
- ☐ 1 small avocado
- ☐ 15 oz black beans with liquid reserved drained canned
- ☐ 2 servings chicken
- ☐ 1 lb chicken breast bone-in
- ☐ 2 servings scotch bonnet peppers store-bought (or)
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt

- ☐ 2 leaf curly kale leaves green
- ☐ 1.3 lbs i would have liked to use an version of masa but i couldn't find one at the time of making the tamal prepared for tortillas* (not masa for tamales)
- ☐ 1 plum tomatoes
- ☐ 0.5 medium onion red thinly sliced into rings
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons vegetable oil
- ☐ 3 tbsp vegetable oil
- ☐ 0.3 cup vinegar white
- ☐ 1 tablespoon vinegar white
- ☐ 0.3 cup onion yellow minced
- ☐ 2 servings frangelico
- ☐ 2 servings frangelico
- ☐ 2 servings frangelico
- ☐ 2 servings frangelico

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen towels
- ☐ spatula

Directions

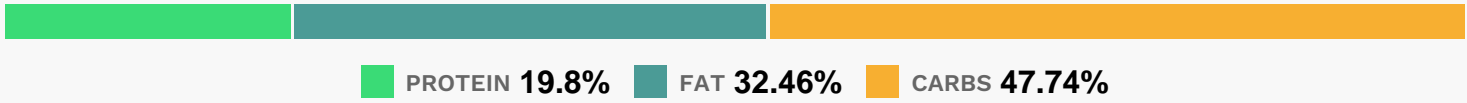
- ☐ Heat a grill to medium (350 to 45

- ☐ with an area left clear of charcoal or a gas burner turned off to make an indirect heat area. In a medium bowl, combine vinegar, achiote, oil, and salt; add chicken and turn to coat well. Grill over indirect heat with lid down, turning once, until chicken is cooked through, about 20 minutes.
- ☐ Let cool, then shred meat from bones. Set aside.
- ☐ Meanwhile, make panuchos: Pure beans and their liquid in a food processor, adding water if needed so they're very creamy. In a medium frying pan, cook onion in oil over medium heat until golden, 5 minutes. Stir in beans and cook until bubbling, 1 to 2 minutes. Set aside, covered.
- ☐ Combine masa and salt in a bowl, adding a bit of water (or flour) if needed so masa is pliable but not sticky. Divide into 15 equal balls, set on a baking sheet, and cover with plastic wrap.
- ☐ Heat a heavy medium griddle or skillet, preferably cast iron, over medium heat until hot. Working with 1 masa ball at a time, line a tortilla press with a heavy piece of plastic (a freezer bag cut in half works well). Center masa ball on top and cover with another piece of plastic. Press tortilla to 4 to 5 in. wide.
- ☐ Peel plastic from tortilla (if tortilla sticks, dust with a little flour and reroll) and put tortilla on hot griddle. When underside no longer sticks and is lightly speckled, about 1 minute, flip and cook 1 minute on other side. Flip again and with a folded clean kitchen towel, firmly press tortilla all over (this helps it puff). Cook until it puffs and the underside is light golden, 15 to 30 more seconds.
- ☐ Transfer tortilla to a work surface.
- ☐ Slit hot tortilla carefully 1/2 in. from edge to make an opening about 2 in. long. Without tearing tortilla, slide a small metal spatula inside to create a pocket.
- ☐ Let cool. Repeat steps 4, 5, and 6 for each tortilla.
- ☐ Open up the pocket of a cooled tortilla with your finger, squeeze gently to hold it open, and smear a rounded spoonful of beans inside. Pat top of tortilla with your fingers to spread beans. Fill each panucho the same way.
- ☐ Make toppings: In a bowl, combine 1/4 cup water, the vinegar, salt, and onion. Chill until used. Thinly slice lettuce and cut 15 thin slices each of tomato and avocado.
- ☐ Preheat oven to 250 and set a rimmed baking sheet inside.
- ☐ Heat a large skillet, preferably cast iron, over medium heat.
- ☐ Add 2 tbsp. oil and a single layer of panuchos. Cook until golden, turning once, 3 to 5 minutes total.

- ☐
- Transfer panuchos to pan in oven. Repeat to cook remaining panuchos, adding more oil as needed.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:138.5, Glycemic Load:2.07, Inflammation Score:-10, Nutrition Score:70.930869351263%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.86mg, Quercetin: 9.86mg, Quercetin: 9.86mg, Quercetin: 9.86mg

Nutrients (% of daily need)

Calories: 2193.36kcal (109.67%), Fat: 80.36g (123.63%), Saturated Fat: 14.63g (91.46%), Carbohydrates: 265.84g (88.61%), Net Carbohydrates: 225.08g (81.85%), Sugar: 3.57g (3.97%), Cholesterol: 226.51mg (75.5%), Sodium: 2344.05mg (101.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 110.29g (220.59%), Vitamin B1: 4.79mg (319.44%), Vitamin B3: 62.51mg (312.56%), Folate: 833.47µg (208.37%), Vitamin B6: 3.89mg (194.4%), Selenium: 131.5µg (187.86%), Vitamin B2: 3.05mg (179.13%), Fiber: 40.76g (163.02%), Iron: 27.87mg (154.85%), Phosphorus: 1547.84mg (154.78%), Magnesium: 456.82mg (114.21%), Manganese: 2.09mg (104.29%), Potassium: 3081.08mg (88.03%), Vitamin K: 85.52µg (81.45%), Vitamin B5: 6.64mg (66.4%), Zinc: 9.78mg (65.17%), Copper: 1.26mg (63.22%), Calcium: 512.94mg (51.29%), Vitamin E: 5.62mg (37.44%), Vitamin C: 29.54mg (35.8%), Vitamin A: 1324.58IU (26.49%), Vitamin B12: 0.79µg (13.16%), Vitamin D: 0.44µg (2.96%)