



## Queso al Horno

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 oz anaheim chili fresh (California or New Mexico)
- 12 corn tortillas (6 in.)
- 2 tablespoons feta cheese crumbled
- 0.8 pound jack cheese
- 0.3 cup onion red finely chopped
- 6 oz firm-ripe tomato cored rinsed chopped

## Equipment

- frying pan

- grill
- aluminum foil

## Directions

- Cut asadero cheese into 1/8- to 1/4-inch slices and lay in an overlapping layer to cover bottom and sides of a shallow 1 1/2-quart pan (about 9 by 12 in.).
- Remove and discard stem, seeds, and veins from chili.
- Cut chili crosswise into 1/4-inch slices. Scatter chili and onion over cheese.
- Stack tortillas, cut stack in half, and set halves together on a sheet of heavy foil (about 12 by 24 in.); seal tortillas in foil.
- Prepare barbecue for direct heat.
- If using charcoal briquets, cover firegrate with a single, solid layer of ignited coals; let them burn down to desired heat. Set grill in place and measure heat.
- If using a gas barbecue, turn all burners to high and close lid for 10 minutes. Adjust burners to desired heat. Set grill in place and measure heat.
- When grill is medium (you can hold your hand at grill level only 4 to 5 seconds), set tortilla packet and pan with cheese on barbecue. Turn packet over often until tortillas are hot in the center, about 5 minutes; wrap in a thick towel and put in a basket.
- Heat asadero cheese until melted, 10 to 15 minutes; sprinkle with cotija cheese.
- To eat, spoon cheese mixture onto tortilla pieces and add tomatoes to taste. Wrap tortillas to enclose filling.

## Nutrition Facts



## Properties

Glycemic Index:28.25, Glycemic Load:10.69, Inflammation Score:-6, Nutrition Score:12.096086937448%

## Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

## Nutrients (% of daily need)

Calories: 352.35kcal (17.62%), Fat: 19.95g (30.69%), Saturated Fat: 11.83g (73.94%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 22.44g (8.16%), Sugar: 2.34g (2.6%), Cholesterol: 55.51mg (18.5%), Sodium: 477.17mg (20.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.01%), Calcium: 497.91mg (49.79%), Phosphorus: 443.5mg (44.35%), Vitamin B2: 0.31mg (18.27%), Selenium: 12.29µg (17.55%), Zinc: 2.61mg (17.39%), Fiber: 4.24g (16.94%), Magnesium: 57.83mg (14.46%), Vitamin A: 697.3IU (13.95%), Manganese: 0.22mg (11.06%), Vitamin B6: 0.22mg (10.8%), Vitamin B12: 0.57µg (9.44%), Vitamin C: 6.24mg (7.57%), Iron: 1.18mg (6.55%), Potassium: 226.33mg (6.47%), Copper: 0.12mg (6.01%), Vitamin B1: 0.08mg (5.38%), Vitamin B3: 1.07mg (5.34%), Folate: 20.56µg (5.14%), Vitamin K: 3.79µg (3.61%), Vitamin E: 0.46mg (3.05%), Vitamin B5: 0.27mg (2.67%), Vitamin D: 0.36µg (2.42%)