



Round 2 - Bean and Cheese Chalupas



Vegetarian



Gluten Free

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READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

290 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 1 teaspoon chili powder
- ☐ 4 corn tortillas
- ☐ 0.5 head cabbage shredded crispy green
- ☐ 4 servings kosher salt
- ☐ 1 cup reserved bean mixture from bean and cheese tamales recipe
- ☐ 1 cup monterrey jack cheese
- ☐ 0.5 onion chopped

- ☐ 1 roma tomato chopped
- ☐ 0.3 cup cup heavy whipping cream sour

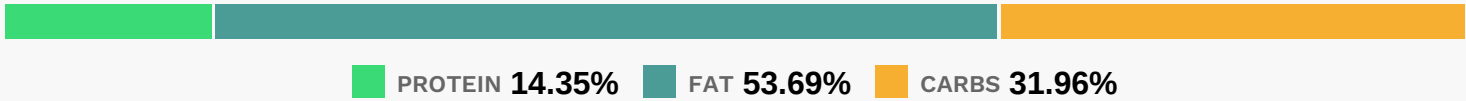
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a medium skillet over medium heat. When the oil is hot, fry the tortillas, 1 at a time, on both sides until they are crisp.
- ☐ Remove from the oil and drain on a sheet tray lined with a brown paper bag or paper towels.
- ☐ Preheat the broiler.
- ☐ Put the fried tortillas on a sheet tray and top each with 1/4 of the bean mixture and 1/4 of the cheese. Put under the broiler until the cheese is melted and bubbling, about 2 minutes.
- ☐ In a medium bowl mix together the tomato, onion, and chili powder, and season with salt, to taste.
- ☐ Remove the tortillas from the sheet tray to individual serving dishes and top with shredded cabbage, the tomato mixture, and a tablespoon of sour cream.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:7.36, Inflammation Score:-7, Nutrition Score:17.381739113642%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.31mg,

Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 290.44kcal (14.52%), Fat: 17.95g (27.61%), Saturated Fat: 7.45g (46.53%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 17.38g (6.32%), Sugar: 6.1g (6.78%), Cholesterol: 33.62mg (11.21%), Sodium: 410.7mg (17.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.59%), Vitamin K: 93.08µg (88.65%), Vitamin C: 51.38mg (62.28%), Calcium: 302.11mg (30.21%), Fiber: 6.66g (26.65%), Phosphorus: 262.56mg (26.26%), Manganese: 0.34mg (16.75%), Folate: 65.03µg (16.26%), Vitamin A: 703.01IU (14.06%), Vitamin B6: 0.28mg (13.95%), Vitamin B2: 0.22mg (12.79%), Magnesium: 49.13mg (12.28%), Vitamin E: 1.78mg (11.85%), Potassium: 397.51mg (11.36%), Zinc: 1.56mg (10.42%), Selenium: 6.95µg (9.93%), Vitamin B1: 0.12mg (8.04%), Iron: 1.42mg (7.89%), Copper: 0.11mg (5.42%), Vitamin B3: 0.93mg (4.63%), Vitamin B5: 0.46mg (4.56%), Vitamin B12: 0.26µg (4.41%), Vitamin D: 0.17µg (1.13%)