



Rudy's Molcajete Mixto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado
- 0.5 pound chicken breast boneless
- 4.5 ounces sausage (Mexican sausage)
- 0.3 bunch cilantro leaves
- 2 spring onion
- 2 jalapeno
- 1 lime quartered
- 0.5 teaspoon pepper

- 0.3 pound mexican cheese blend (Mexican cheese)
- 16 ounce salsa verde
- 0.5 teaspoon salt
- 5 large shrimp shelled
- 6 servings dijon mustard (mortar and pestle)
- 1 large tomatoes
- 8 ounce tortillas
- 2 zucchini yellow (cactus leaves)

Equipment

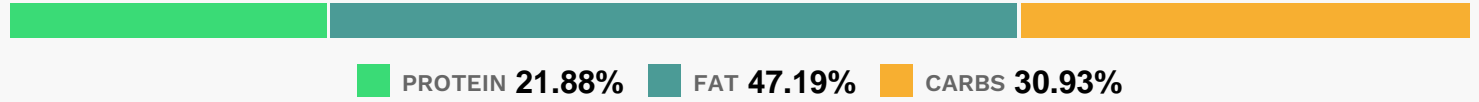
- bowl
- grill
- stove
- oven mitt

Directions

- Using oven mitts, heat the molcajete over the grill or stove.*
- Grill carne asada for five minutes.
- Add and grill chicken, nopales on one side for five minutes, turn over. Also, add jalapenos turning every two minutes to soften.
- Sprinkle salt and pepper over meats.
- Add and grill chorizo and shrimp.
- Add green onions and rotate to cook on all sides, about two minutes.
- While meat cooks, slice the tomatoes, avocado and cheese into 1/2 inch wedges.
- Using oven mitts, pour half of the salsa into the heated molcajete.
- Remove the meats and slice in long, thin strips.
- Place the beef, chicken, shrimp, nopales, and cheese around the inside edge of the bowl.
- Add the chorizo to the center of the bowl.
- Add the tomatoes, green onions, avocados and jalapenos around the chorizo.

- Pour remaining salsa over ingredients.
- Place the cilantro over the nopales.
- Place limes on top, to be squeezed when served.
- Use small tortillas to serve.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:7.09, Inflammation Score:-8, Nutrition Score:20.787826237471%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 413.36kcal (20.67%), Fat: 21.67g (33.33%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 26.55g (9.66%), Sugar: 9.56g (10.62%), Cholesterol: 70.87mg (23.62%), Sodium: 1384.54mg (60.2%), Alcohol: Og (100%), Protein: 22.61g (45.21%), Vitamin C: 32.32mg (39.18%), Vitamin B3: 7.83mg (39.15%), Selenium: 25.42µg (36.32%), Phosphorus: 346.62mg (34.66%), Vitamin B6: 0.63mg (31.5%), Potassium: 881.75mg (25.19%), Vitamin K: 26.19µg (24.94%), Vitamin B1: 0.36mg (23.83%), Vitamin A: 1179.31IU (23.59%), Folate: 92.38µg (23.09%), Manganese: 0.45mg (22.7%), Calcium: 217.74mg (21.77%), Fiber: 5.4g (21.59%), Vitamin B2: 0.35mg (20.82%), Vitamin B5: 1.48mg (14.77%), Iron: 2.65mg (14.73%), Magnesium: 58.52mg (14.63%), Zinc: 2.11mg (14.05%), Copper: 0.24mg (11.83%), Vitamin E: 1.34mg (8.91%), Vitamin B12: 0.49µg (8.15%), Vitamin D: 0.41µg (2.72%)