

Salvadoran Stuffed Masa Cakes

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



16

CALORIES



185 kcal

Ingredients

- 16 servings coleslaw mix
- 4 cups corn tortillas (masa harina)
- 2 cups mozzarella fresh grated
- 1 cup kidney beans red canned rinsed cooked drained
- 3 cups water at room temperature

Equipment

- bowl
- frying pan
- oven

plastic wrap

spatula

Directions

- Toss together cheese, beans, pork rind, and 1/2 teaspoon salt in a large bowl with your hands, then press mixture firmly into 16 (1 1/2-inch) balls (for filling).
- Combine tortilla flour, water, and 1/2 teaspoon salt in a large bowl and knead with your hands until a uniform dough forms, about 1 minute. (Dough should be moist but not sticky. If necessary, knead a little more tortilla flour or water into dough.)
- Flatten 1/4 cup dough between moistened palms into a 4-inch disk. Wrap disk around a ball of filling, enclosing it, and form into a smooth ball. Reflatten between your palms into a 4-inch disk (1/2 inch thick; filling should remain hidden). Put on a tray lined with plastic wrap and cover with plastic wrap to prevent drying. Make 15 more pupusas.
- Heat a comal or large (2-burner) griddle over medium-low heat until hot, at least 2 minutes.
- Brush lightly with oil, then cook pupusas in batches, turning and pressing lightly with a metal spatula every 2 to 3 minutes, until crusty and browned in spots (some cheese may ooze out), 10 to 12 minutes total per batch.
- Serve immediately.
- Pupusas can be formed (but not cooked) 2 hours ahead and chilled, covered with plastic wrap. · Pupusas are best eaten right away but can be kept warm in a 250°F oven while cooking remaining batches. Re crisp on comal 1 minute per side before serving.

Nutrition Facts

 PROTEIN 15.62%  FAT 22.99%  CARBS 61.39%

Properties

Glycemic Index:9.55, Glycemic Load:12.07, Inflammation Score:-3, Nutrition Score:6.7652173664259%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 185.24kcal (9.26%), Fat: 4.87g (7.49%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 24.7g (8.98%), Sugar: 0.73g (0.81%), Cholesterol: 11.06mg (3.69%), Sodium: 117.02mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.89%), Phosphorus: 251.25mg (25.13%), Fiber: 4.57g (18.28%), Magnesium: 50.93mg (12.73%), Manganese: 0.25mg (12.57%), Calcium: 123.44mg (12.34%), Selenium: 6.12µg (8.75%), Zinc: 1.31mg (8.72%), Vitamin B6: 0.15mg (7.46%), Copper: 0.13mg (6.33%), Iron: 1.12mg (6.22%), Vitamin B12: 0.32µg (5.32%), Vitamin B1: 0.08mg (5.21%), Vitamin B2: 0.08mg (4.99%), Vitamin B3: 0.97mg (4.84%), Potassium: 166.94mg (4.77%), Folate: 18.75µg (4.69%), Vitamin A: 96.8IU (1.94%), Vitamin K: 2.01µg (1.92%), Vitamin E: 0.2mg (1.31%), Vitamin B5: 0.11mg (1.11%)