



WHATSheATE



Stuffed Tortillas with Two Sauces



Vegetarian



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



407 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cider vinegar to taste
- ☐ 12 corn tortillas
- ☐ 6 tablespoons epazote leaves dried fresh chopped
- ☐ 6 servings garnish: epazote leaves; pumpkin-seed oil fresh chopped for drizzling
- ☐ 1 garlic clove
- ☐ 0.5 to 1 habanero chile fresh with seeds
- ☐ 4 large hardboiled eggs chopped
- ☐ 2 cups pumpkin seeds raw green hulled ()

- ☐ 1.5 pounds tomatoes quartered
- ☐ 1 cup vegetable oil divided
- ☐ 4 cups water
- ☐ 1 cup onion white chopped
- ☐ 1 pound zucchini cut into 1/2-inch cubes (3 medium)

Equipment

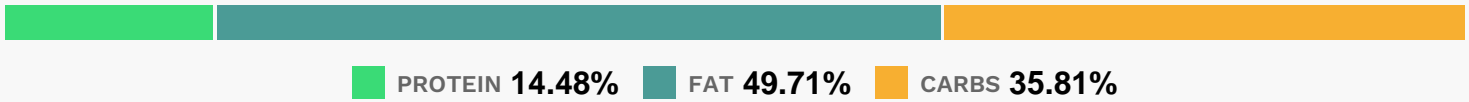
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ tongs

Directions

- ☐ Preheat broiler.
- ☐ Toss tomatoes with 1 tablespoon oil in a shallow baking pan and broil 4 to 5 inches from heat, turning once, until softened and skins are charred in spots, 15 to 20 minutes total.
- ☐ Blend tomatoes, water, onion, garlic, vinegar, chile, and 1 teaspoon salt in a blender until smooth (use caution with hot liquids).
- ☐ Heat remaining 2 tablespoons oil in a large heavy saucepan over medium- high heat until it shimmers, then add sauce and simmer, partially covered, stirring occasionally, until slightly thickened, about 10 minutes.
- ☐ Toast pumpkin seeds in a dry 12-inch heavy skillet over medium heat, stirring, until all seeds have expanded but are still green, 5 to 8 minutes.
- ☐ Transfer to a bowl to cool slightly.

- ☐ Coarsely chop 1/4 cup pumpkin seeds and set aside. Bring water, epazote, onion, garlic, and 1 1/4teaspoons salt to a boil in a small saucepan. Blend this mixture with remaining 1 3/4 cups pumpkin seeds in 2 batches in cleaned blender until smooth (use caution with hot liquids), about 5 minutes, transferring to a heavy medium saucepan. Season with salt.
- ☐ Cook zucchini and onion in 2 tablespoons oil in heavy skillet over medium heat, stirring, until softened, 10 to 15 minutes. Stir in 3/4 teaspoon salt and 1/4 teaspoon pepper, then remove from heat.
- ☐ Add eggs, gently tossing to combine.
- ☐ Heat remaining cup oil in a 10-inch heavy skillet over medium-high heat until it shimmers, then soft-fry tortillas, 1 at a time, turning over once with tongs, until softened (not crisp or browned), 5 to 10 seconds.
- ☐ Transfer to paper towels to drain, blotting both sides, then stack tortillas to keep moist.
- ☐ Preheat oven to 350°F with rack in middle. 3Working with 1 tortilla at a time, dip in pumpkin-seed sauce to coat both sides, then transfer to a plate. Spoon 2 to 3 tablespoons egg filling down middle of tortilla, then roll up and arrange in a 13- by 9-inch baking dish.
- ☐ Cover with foil and bake until heated thourough, 15 to 20 minutes.
- ☐ Meanwhile, reheat sauces over low heat, stirring pumpkin-seed sauce frequently, just until hot. (Thin pumpkin-seed sauce with water if very thick.)
- ☐ Top papadzules with pumpkin-seed sauce.
- ☐ Sprinkle with chopped pumpkin seeds and serve tomato sauce on the side.
- ☐ Sauces can be made 1 day ahead and chilled, uncovered, until cool, then covered. Warm pumpkin-seed sauce before dipping tortillas.

Nutrition Facts



Properties

Glycemic Index:42.58, Glycemic Load:12.18, Inflammation Score:-9, Nutrition Score:25.856087207794%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg

Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 407.1kcal (20.35%), Fat: 24.26g (37.32%), Saturated Fat: 4.59g (28.67%), Carbohydrates: 39.31g (13.1%), Net Carbohydrates: 31.6g (11.49%), Sugar: 7.19g (7.98%), Cholesterol: 124.33mg (41.44%), Sodium: 93.46mg (4.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.81%), Manganese: 1.92mg (95.76%), Phosphorus: 561.24mg (56.12%), Magnesium: 215.64mg (53.91%), Vitamin C: 33.33mg (40.4%), Fiber: 7.71g (30.84%), Copper: 0.55mg (27.29%), Vitamin K: 27.46µg (26.15%), Potassium: 915.2mg (26.15%), Vitamin A: 1290.53IU (25.81%), Vitamin B6: 0.47mg (23.53%), Selenium: 15.95µg (22.79%), Vitamin B2: 0.38mg (22.52%), Zinc: 3.36mg (22.43%), Iron: 3.86mg (21.45%), Folate: 78.05µg (19.51%), Vitamin E: 2.26mg (15.09%), Vitamin B3: 3.01mg (15.07%), Vitamin B1: 0.22mg (14.6%), Calcium: 144.64mg (14.46%), Vitamin B5: 0.98mg (9.75%), Vitamin B12: 0.37µg (6.17%), Vitamin D: 0.73µg (4.89%)