



Texmex Hot and Brown

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bread lightly toasted
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 8 slices bacon cooked
- ☐ 4 servings cotija cheese crumbled
- ☐ 0.1 teaspoon cumin toasted
- ☐ 2 tablespoons flour
- ☐ 1 clove garlic chopped

- ☐ 0.5 cup guacamole
- ☐ 1 jalapeno seeded cut in half and
- ☐ 2 cups milk
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 1 medium onion diced
- ☐ 2 plum tomatoes sliced
- ☐ 1 poblano pepper seeded cut in half and
- ☐ 1 pound roast turkey sliced
- ☐ 4 servings salt to taste
- ☐ 1 cup cheddar cheese shredded white

Equipment

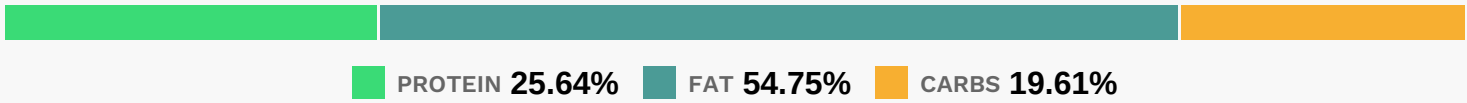
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ blender

Directions

- ☐ Place the peppers on a baking sheet with the cut side facing down, and broil until blackened and blistered, about 10 minutes.
- ☐ Place the peppers in a small sealable container or ziplock bag and let steam for 20 minutes before pinching off the blackened skin. Melt the butter in a pan over medium heat, add the onion and cook until tender, about 5–7 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Sprinkle in the flour and cook, whisking, until it turns a light golden brown, about 2–3 minutes. Reduce the heat to medium–low, pour in the milk and simmer, whisking, until it thickens, about 2–3 minutes.
- ☐ Add the chilies, cheese, cumin and salt to taste, let the cheese melt and puree in a food processor or blender.

- ☐
- Place the bread on a baking sheet, top with the turkey, tomatoes and green chili mornaysauce and broil until the sauce is bubbling and golden brown, about 2–3 minutes.
- ☐
- Serve topped with bacon, guacamole and cheese and enjoy!

Nutrition Facts



Properties

Glycemic Index:129.17, Glycemic Load:13.25, Inflammation Score:−9, Nutrition Score:31.271304462267%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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 Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 758.97kcal (37.95%), Fat: 46.68g (71.81%), Saturated Fat: 23.74g (148.36%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 32.83g (11.94%), Sugar: 12.71g (14.12%), Cholesterol: 161.91mg (53.97%), Sodium: 2740.59mg (119.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.19g (98.39%), Phosphorus: 886.23mg (88.62%), Calcium: 778.67mg (77.87%), Selenium: 36.81µg (52.59%), Vitamin B2: 0.85mg (50.06%), Vitamin C: 37.83mg (45.85%), Zinc: 5.39mg (35.96%), Vitamin B12: 1.89µg (31.43%), Vitamin B6: 0.59mg (29.56%), Vitamin A: 1472.52IU (29.45%), Vitamin B1: 0.43mg (28.46%), Manganese: 0.55mg (27.65%), Potassium: 934.85mg (26.71%), Magnesium: 102.81mg (25.7%), Vitamin B3: 4.89mg (24.47%), Copper: 0.49mg (24.47%), Folate: 90.75µg (22.69%), Iron: 3.52mg (19.56%), Fiber: 4.79g (19.14%), Vitamin B5: 1.9mg (18.95%), Vitamin K: 16.77µg (15.97%), Vitamin D: 1.87µg (12.43%), Vitamin E: 1.75mg (11.65%)