



Tostados Toluqueñas

 Gluten Free

READY IN



165 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces beef tenderloin tips trimmed
- ☐ 4 servings bell pepper black
- ☐ 1 teaspoon chili powder
- ☐ 4 servings ghee
- ☐ 1 tablespoon parsley fresh
- ☐ 1 garlic clove
- ☐ 1 small lettuce
- ☐ 9 ounces onions

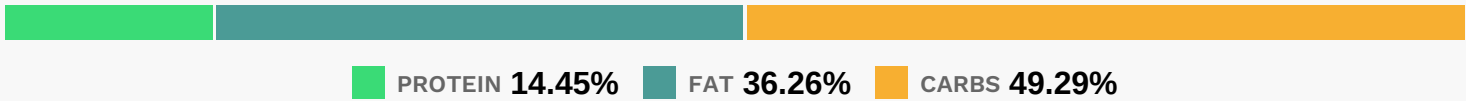
- ☐ 4 tablespoons parmesan cheese
- ☐ 1 can pimento
- ☐ 16 ounces beans red
- ☐ 3 ounces red wine
- ☐ 4 servings salt
- ☐ 4 teaspoons cup heavy whipping cream sour
- ☐ 6 ounce tomatoes
- ☐ 6 ounces tomato paste
- ☐ 4 tortillas
- ☐ 4 servings vegetable oil
- ☐ 8 cups water cold
- ☐ 4 servings bell pepper white

Equipment

Directions

- ☐ Rinse the red beans and cover with the 8 cups of cold water and gently cook for 2 1/2 hours. Quarter the onions and place in mincer.
- ☐ Remove the sinew from the tenderloin and pass also through a mincer. Grate the cheese.
- ☐ Saute the tortillas in a little bit of oil until slightly crispy. Shred the lettuce, smash the clove of garlic. Finely slice the tomatoes.
- ☐ Saute and then simmer the tenderloin tips in the butter with the tomato paste, garlic, chili powder, red wine, and tomatoes.
- ☐ Add salt and pepper to taste. Simmer for about twenty minutes. Assemble the tortillas with the meat mixture, the beans, and top with the lettuce, onions, sour cream, pimentos, parsley, parmesan cheese and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:97.07, Glycemic Load:15.91, Inflammation Score:-10, Nutrition Score:31.904347566807%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 2.94mg, Malvidin: 2.94mg, Malvidin: 2.94mg, Malvidin: 2.94mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 2.29mg, Apigenin: 2.29mg, Apigenin: 2.29mg, Apigenin: 2.29mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 22.32mg, Quercetin: 22.32mg, Quercetin: 22.32mg, Quercetin: 22.32mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 510.28kcal (25.51%), Fat: 20.72g (31.88%), Saturated Fat: 5.08g (31.72%), Carbohydrates: 63.39g (21.13%), Net Carbohydrates: 48.22g (17.53%), Sugar: 13.37g (14.86%), Cholesterol: 8.32mg (2.77%), Sodium: 885.26mg (38.49%), Alcohol: 2.25g (100%), Alcohol %: 0.29% (100%), Protein: 18.58g (37.16%), Vitamin K: 85.63µg (81.55%), Vitamin C: 54.89mg (66.53%), Manganese: 1.23mg (61.35%), Fiber: 15.17g (60.69%), Folate: 227.39µg (56.85%), Vitamin A: 2458.16IU (49.16%), Iron: 7.46mg (41.42%), Potassium: 1346.06mg (38.46%), Phosphorus: 358.49mg (35.85%), Copper: 0.66mg (32.84%), Vitamin B1: 0.45mg (30%), Magnesium: 107.48mg (26.87%), Vitamin E: 3.86mg (25.73%), Vitamin B6: 0.51mg (25.29%), Calcium: 215.73mg (21.57%), Vitamin B3: 4.08mg (20.38%), Vitamin B2: 0.32mg (18.87%), Selenium: 12.35µg (17.65%), Zinc: 2.3mg (15.34%), Vitamin B5: 0.61mg (6.09%), Vitamin B12: 0.07µg (1.14%)