



Yucatecan Tostadas (Salbutes)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups and/or cabbage shredded green red
- ☐ 1 cup chicken broth
- ☐ 8 corn tortillas (4 in. or 6 in.)
- ☐ 2 tablespoons juice of lime
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon orange juice

- ☐ 0.5 teaspoon oregano
- ☐ 1 onion red halved thinly sliced
- ☐ 1 teaspoon salt
- ☐ 2 serrano chiles minced seeded
- ☐ 2 cups turkey shredded cooked
- ☐ 4 servings vegetable oil for frying
- ☐ 1 cup distilled vinegar white
- ☐ 1 medium onion white yellow halved thinly sliced

Equipment

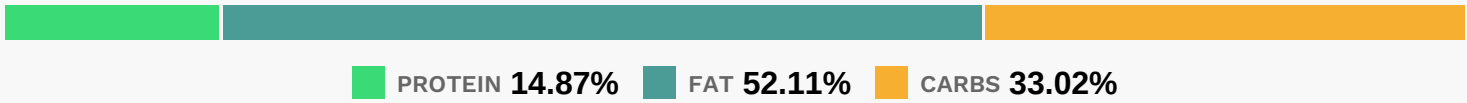
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a small pan over high heat, cover red onion with cold water and bring to a boil.
- ☐ Remove from heat and drain. Put red onion in a small bowl with vinegar, 1/2 tsp. salt, and pepper. Set aside to marinate at least 30 minutes at room temperature or up to 1 week covered and refrigerated.
- ☐ To a small frying pan over high heat, add 1 in. of vegetable oil and heat to 37
- ☐ Fry tortillas, one at a time, until golden and crispy.
- ☐ Drain on paper towels.
- ☐ Heat olive oil in a large frying pan over high heat.
- ☐ Add sliced white or yellow onion and 1/4 tsp. salt. Cook, stirring, until onions are soft, about 4 minutes.
- ☐ Add oregano and cook until fragrant, about 1 minute.
- ☐ Add turkey and broth. Bring to a boil, lower heat to a steady simmer, and cook, partially covered, for 10 minutes to let flavors blend.
- ☐ Meanwhile, in a small bowl, combine chiles, lime juice, orange juice, and remaining 1/4 tsp. salt. Set aside.

- ☐ To assemble: Divide turkey–onion mixture among the 8 tortillas, then top each with avocado, cabbage, and drained pickled red onion (you will have extra onion; see Notes).
- ☐ Serve with serrano–citrus sauce.

Nutrition Facts



Properties

Glycemic Index:81.88, Glycemic Load:12.2, Inflammation Score:–7, Nutrition Score:18.259999897169%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg

Nutrients (% of daily need)

Calories: 430.7kcal (21.53%), Fat: 25.22g (38.8%), Saturated Fat: 3.96g (24.73%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 27.43g (9.97%), Sugar: 4.88g (5.42%), Cholesterol: 36.96mg (12.32%), Sodium: 890.9mg (38.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.38%), Vitamin K: 44.35µg (42.24%), Fiber: 8.52g (34.09%), Vitamin B6: 0.66mg (33.1%), Phosphorus: 311.58mg (31.16%), Vitamin C: 24.43mg (29.61%), Vitamin B3: 5.79mg (28.94%), Manganese: 0.46mg (22.97%), Selenium: 14.91µg (21.3%), Vitamin E: 3.13mg (20.88%), Magnesium: 76.94mg (19.24%), Folate: 71.85µg (17.96%), Potassium: 620mg (17.71%), Vitamin B2: 0.26mg (15.14%), Zinc: 2.1mg (14.01%), Copper: 0.26mg (13.22%), Vitamin B5: 1.31mg (13.14%), Vitamin B1: 0.17mg (11.2%), Vitamin B12: 0.62µg (10.3%), Iron: 1.85mg (10.29%), Calcium: 89.8mg (8.98%), Vitamin A: 175.53IU (3.51%)