



Recipe from:  
Honduras



**INCAP**  
Instituto de Nutrición  
de Centro América y Panamá

## Honduran enchiladas

6 servings

### Ingredientes

8 medium	corn tortillas
2 units	eggs
200 g	ground beef or chicken
1/2 cup	shredded cabbage
1/2 unidad	tomato, diced
1/2 unit	finely chopped onion
1/4 cup	grated carrot
1/4 cup	vegetable oil
To taste	Salt and pepper

**Optional:** avocado, hard-boiled egg, grated cheese, tomato slices, or tomato sauce for garnish.

### Utensilios

Sartén  
Espátula  
Cucharas medidoras  
Tazón para mezclar  
Cuchillo  
Tabla de cortar

### Preparation

- Prepare the ingredients:
  - Boil the eggs, peel, and chop them.
  - Cook the meat with salt and pepper until fully cooked and shredded.
- Fry the tortillas:
  - Heat a small amount of oil in a frying pan.
  - Fry the tortillas for 30–40 seconds on each side until golden brown.
- Assemble the enchiladas:
  - Place the fried tortilla on a plate.
  - Add a layer of cooked meat.
  - Top with cabbage, tomato, onion, grated carrot, and chopped egg.
  - Cover with tomato sauce and/or sprinkle with grated cheese.



## Honduran Enchiladas: *Catracho* Color and Flavor

Honduran enchiladas are a feast that fits in the palm of your hand: the crispy tortilla, beans, seasoned meat, and the mountain of salad crowned with egg and cheese tell the story of a vibrant and generous country. Every bite brings together the homemade flavors shared in the streets, kitchens, and celebrations. Tasting them means experiencing the Honduran spirit in its happiest form: colorful, abundant, and proudly Honduran.

### When buying cabbage and other ingredients at local markets

- You support your community
- You get fresh products
- You strengthen the local economy

### What to check

It should feel firm and compact

- Green, tender leaves

### Storage tips

- Keeps for 1 week refrigerated (in a perforated plastic bag)
- Do not wash until ready to use
- To freeze: boil first; lasts up to 6 months

Information available in *A Tribute to the Environment and Health*.  
Request your copy here.

## Nutritional information

### Estimated nutritional value per serving

Calculations performed with **NutrINCAP**  
Request more information here.



Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)	Monounsaturated fat (g)	Polyunsaturated fat (g)
380.34	12.61	82.4	2.08	59.78	224.31	2.37	0.14	13.23	6.57	0.26	0.23	2.5	0.39	22.9	0.87	110.93	19.35	6.08	6.45	5.44

Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber (g)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
104.86	41.54	4.28	3.66	346.87	937.73	0.66	0	22.9	35.61	801.16	0.38	0.54	8.5

Recipe obtained through INCAP Technical Cooperation in Honduras.



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