Bean and Chicken Taquitos

READY IN	SERVINGS	CALORIES
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45 min.	**40**	**121 kcal**

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 1.5 cups black beans canned
- [ ] 20 flour tortilla cut in half (8-in. size)
- [ ] 1.5 cups rotisserie chicken cut shredded (from half a 3-lb. chicken)
- [ ] 10 oz cheddar cheese shredded
- [ ] 40 servings vegetable oil for frying
- [ ] 40 servings frangelico
- [ ] 40 servings frangelico

Equipment

- [ ] baking sheet
- [ ] paper towels
- [ ] pot
- [ ] toothpicks
- [ ] kitchen thermometer
- [ ] slotted spoon

Directions

- [ ] Lay 1 tortilla half on a work surface. Spoon about 1 tbsp. beans onto an end.

- [ ] Sprinkle filling with about 1 tbsp. cheese.

- [ ] Starting with the filling end, roll taquito into a tight cigarette shape and secure with a toothpick. Repeat with remaining tortillas, beans or chicken, and cheese.

- [ ] In a large wide pot, heat about 1 in. oil over medium heat until it reaches 375 on a deep-fry thermometer. Cook taquitos, about 4 at a time, turning often, until golden brown, about 2 minutes. Using a slotted spoon, transfer taquitos to a rimmed baking sheet lined with paper towels. When cool, remove toothpicks.

- [ ] Serve with salsa and guacamole.

Nutrition Facts

PROTEIN **19.54%**   FAT **50.46%**   CARBS **30%**
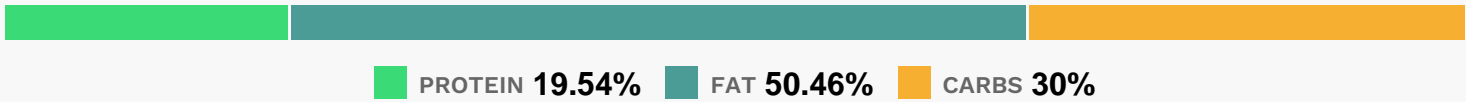
Properties

Glycemic Index:1.6, Glycemic Load:2.63, Inflammation Score:-1, Nutrition Score:3.1991304463666%

Nutrients (% of daily need)

Calories: 120.86kcal (6.04%), Fat: 6.78g (10.43%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 7.98g (2.9%), Sugar: 0.65g (0.72%), Cholesterol: 15.25mg (5.08%), Sodium: 184.27mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.81%), Phosphorus: 70.97mg (7.1%), Calcium: 70.35mg (7.03%), Selenium: 4.49µg (6.41%), Vitamin B1: 0.09mg (6.19%), Folate: 24.63µg (6.16%), Vitamin K: 6.41µg (6.1%), Manganese: 0.1mg (5.21%), Fiber: 1.09g (4.34%), Vitamin B2: 0.07mg (4.04%), Iron: 0.72mg (4.01%), Vitamin B3: 0.7mg (3.52%), Zinc: 0.37mg (2.43%), Magnesium: 9.59mg (2.4%), Vitamin E: 0.25mg (1.65%), Copper: 0.03mg (1.54%), Vitamin B12: 0.09µg (1.45%), Potassium: 47.67mg (1.36%)