



Chalupas with Chorizo

READY IN



45 min.

SERVINGS



36

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup flour
- ☐ 1 avocado pitted peeled cut into 1/4-inch cubes
- ☐ 2 teaspoons canola oil
- ☐ 12 ounces chorizo sausage cut fresh
- ☐ 36 servings cilantro leaves fresh
- ☐ 0.8 cup corn tortillas (corn tortilla mix)
- ☐ 0.5 cup onion minced
- ☐ 36 servings salsa
- ☐ 36 servings salsa verde green (tomatillo salsa)

- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons shortening room temperature
- ☐ 2 tablespoons tomato paste
- ☐ 0.3 cup butter unsalted cut into 1/2-inch cubes, room temperature ()
- ☐ 0.3 cup water
- ☐ 0.3 cup water ()

Equipment

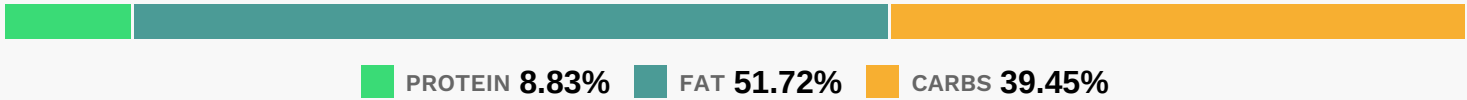
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Spray three 12-cup mini muffin pans with nonstick spray. Preheat oven to 350°F.
- ☐ Combine masa, flour, and 3/4 teaspoon salt in processor; using on/off turns, process to blend.
- ☐ Add butter.
- ☐ Add shortening by rounded teaspoonfuls. Using on/off turns, process until mixture resembles coarse meal.
- ☐ Add 1/4 cup warm water and process just until moist clumps form, adding more water by teaspoonfuls if dry.
- ☐ Transfer dough to work surface; form into ball.
- ☐ Roll scant tablespoonful dough between palms into 1-inch round. Flatten into disk, then press onto bottom and up sides of 1 muffin cup, keeping top edge of dough inside cup (do not form any overhang). Repeat with remaining dough.
- ☐ Bake crusts until dry to touch and easy to remove from cups, about 35 minutes. Cool on rack. DO AHEAD: Can be made 1 day ahead. Store at room temperature in airtight container.
- ☐ Heat oil in heavy medium nonstick skillet over medium-high heat.
- ☐ Add onion and sauté until soft, 2 to 3 minutes.
- ☐ Add chorizo and cook until browned and crumbly, breaking up sausage with wooden spoon or fork, about 5 minutes.

- ☐ Add 1/4 cup water and tomato paste. Stir until thickened, about 2 minutes. DO AHEAD Can be made 1 day ahead. Cover and chill. Rewarm filling before continuing.
- ☐ Divide filling among crusts (about 1 teaspoon each). Spoon 1/2 teaspoon tomato salsa atop half of chalupas and 1/2 teaspoon salsa verde atop remaining chalupas.
- ☐ Garnish with avocado and cilantro leaves.
- ☐ * Also known as masa harina; available at many supermarkets and at Latin markets.

Nutrition Facts



Properties

Glycemic Index: 7.49, Glycemic Load: 2.54, Inflammation Score: -4, Nutrition Score: 3.1647825944035%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 93.05kcal (4.65%), Fat: 5.36g (8.24%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 7.79g (2.83%), Sugar: 3.51g (3.9%), Cholesterol: 10.06mg (3.35%), Sodium: 498.74mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin A: 469.21IU (9.38%), Potassium: 199.72mg (5.71%), Fiber: 1.41g (5.63%), Vitamin C: 4.48mg (5.43%), Vitamin E: 0.7mg (4.69%), Vitamin B6: 0.09mg (4.37%), Manganese: 0.08mg (4.2%), Vitamin K: 3.78µg (3.6%), Vitamin B3: 0.71mg (3.57%), Phosphorus: 33.24mg (3.32%), Folate: 11.45µg (2.86%), Magnesium: 11.23mg (2.81%), Vitamin B1: 0.04mg (2.8%), Iron: 0.48mg (2.69%), Copper: 0.05mg (2.4%), Selenium: 1.57µg (2.24%), Vitamin B2: 0.04mg (2.13%), Vitamin B5: 0.17mg (1.73%), Calcium: 17.33mg (1.73%), Zinc: 0.19mg (1.3%)