

Chicken Taquitos

 Gluten Free

READY IN



50 min.

SERVINGS



20

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 6-inch corn tortillas ()
- 7 ounce salsa green canned
- 1 cup onion chopped
- 1 quart vegetable oil; peanut oil preferred for frying or as needed
- 4 chicken breast halves shredded boneless skinless cooked
- 1.5 cups cheddar and swiss cheese blend smoked shredded

Equipment

- bowl

paper towels

toothpicks

Directions

Heat oil in a deep-fryer to 350 degrees F (175 degrees C).

In a medium bowl, mix together the shredded chicken, cheese, green salsa, and onion. Spoon about 1 1/2 tablespoons of the mixture onto tortillas, or enough so that when rolled up, each one is about 1 inch wide. Filling should not come to close to the ends, or it will fall out. Secure rolls with toothpicks.

Fry rolls 4 or 5 at a time so there is enough room between them for even cooking. Cook for 3 to 5 minutes, or until golden brown. Once they float, I leave them in for about another minute. If the taquitos are not crisp when cool, you haven't cooked them long enough.

Drain on paper towels.

Serve with sour cream, salsa and guacamole for dipping.

Nutrition Facts



Properties

Glycemic Index:5.22, Glycemic Load:5.23, Inflammation Score:-3, Nutrition Score:5.9256522040004%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 205.8kcal (10.29%), Fat: 13.46g (20.71%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 11.31g (4.11%), Sugar: 1.19g (1.32%), Cholesterol: 22mg (7.33%), Sodium: 124.56mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.11%), Phosphorus: 177.91mg (17.79%), Selenium: 11.3µg (16.14%), Vitamin B3: 2.76mg (13.81%), Vitamin B6: 0.24mg (12.07%), Vitamin E: 1.65mg (11.01%), Calcium: 96.12mg (9.61%), Fiber: 1.77g (7.1%), Magnesium: 28.07mg (7.02%), Zinc: 0.84mg (5.6%), Manganese: 0.1mg (4.94%), Potassium: 169.55mg (4.84%), Vitamin B12: 0.29µg (4.83%), Vitamin B5: 0.4mg (3.95%), Vitamin B2: 0.07mg (3.89%), Vitamin B1: 0.04mg (2.9%), Vitamin A: 136.7IU (2.73%), Copper: 0.05mg (2.65%), Iron: 0.43mg (2.41%), Vitamin C: 1.24mg (1.5%), Folate: 4.45µg (1.11%)