

Chicken Taquitos

READY IN



45 min.

SERVINGS



12

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup favorite barbecue sauce
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 4.5 ounce chiles green chopped canned
- ☐ 1 teaspoon chile powder
- ☐ 1 teaspoon cumin
- ☐ 24 flour tortillas
- ☐ 2 cups regular corn frozen thawed
- ☐ 1 clove garlic minced crushed peeled
- ☐ 1 cup gouda cheese smoked shredded

- ☐ 2 cups monterrey jack cheese shredded
- ☐ 1 small onion diced red
- ☐ 1 roasted chicken whole store-bought
- ☐ 12 servings favorite salsa and guacamole for serving
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 1 cup vegetable oil for frying

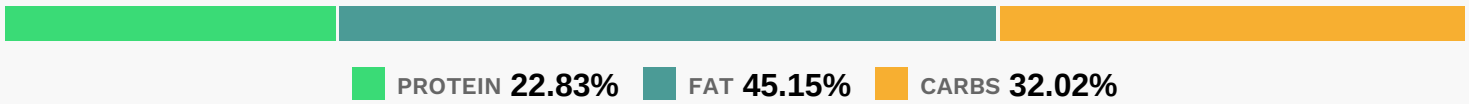
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ toothpicks

Directions

- ☐ In a large bowl, debone the chicken and shred the meat.
- ☐ Add the barbecue sauce, sour cream, chopped green chiles, corn, red onion, garlic, both cheeses, and spices. Toss well.
- ☐ In a large pan over moderate heat, warm 1/4 cup of oil until it sizzles. Meanwhile, put 2 tablespoons of the chicken filling into each tortilla, roll, and secure with a toothpick. Working in 4 batches (wipe the pan clean and add 1/4 cup fresh oil between batches), pan-fry until the tortillas are golden brown and the mixture is warm, about 3 minutes per side.
- ☐ Drain on a paper towel, transfer to a platter (or serve 2 per plate), and serve with your favorite salsa and guacamole.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:9.79, Inflammation Score:-7, Nutrition Score:22.824782501096%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 650.44kcal (32.52%), Fat: 32.71g (50.33%), Saturated Fat: 14.71g (91.94%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 48g (17.45%), Sugar: 13.59g (15.1%), Cholesterol: 121.54mg (40.51%), Sodium: 1290.3mg (56.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.23g (74.46%), Selenium: 41.05µg (58.64%), Phosphorus: 542.46mg (54.25%), Vitamin B3: 10.1mg (50.48%), Calcium: 442.51mg (44.25%), Vitamin B2: 0.55mg (32.14%), Vitamin B6: 0.57mg (28.27%), Vitamin B1: 0.42mg (28.03%), Manganese: 0.52mg (25.81%), Iron: 4.18mg (23.24%), Folate: 90.59µg (22.65%), Zinc: 3.34mg (22.26%), Potassium: 602.54mg (17.22%), Fiber: 4.2g (16.82%), Magnesium: 64.4mg (16.1%), Vitamin A: 800.07IU (16%), Vitamin K: 15.31µg (14.58%), Vitamin B5: 1.32mg (13.24%), Vitamin B12: 0.77µg (12.86%), Copper: 0.19mg (9.7%), Vitamin C: 7.48mg (9.06%), Vitamin E: 1.19mg (7.96%), Vitamin D: 0.21µg (1.41%)