



Chorizo Nuggets with Chimichurri Dipping Sauce

 **Gluten Free**

READY IN



165 min.

SERVINGS



48

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bunch parsley fresh packed (1 cup firmly)
- 1 small onion cut into fourths
- 2 cloves garlic
- 2 tablespoons olive oil
- 0.3 cup vinegar white
- 0.5 teaspoon salt
- 0.3 cup cream sour

- 3 cups cooking oil for frying
- 12 oz chorizo sausage cut smoked cut into 48 (1/2-inch) pieces
- 2 eggs
- 1 cup milk
- 1 cup cornmeal
- 2 teaspoons ground cumin
- 0.5 teaspoon pepper
- 1 pieces bell pepper cubed sliced
- 1 cup frangelico
- 48 frangelico

Equipment

- food processor
- bowl
- frying pan
- paper towels
- blender
- toothpicks

Directions

- In blender or food processor, place all Chimichurri Sauce ingredients except sour cream. Cover; blend on high speed until well blended. Stir in sour cream; cover and refrigerate 2 hours.
- In 2-quart heavy-bottom pan, heat 2 to 3 inches oil to 375°F.
- In medium bowl, place 2 tablespoons of the Bisquick mix; add chorizo, and toss to lightly coat. In medium bowl, mix eggs, milk, remaining 1 cup Bisquick mix, the cornmeal, cumin and pepper. Dip Bisquick-coated chorizo into batter.
- Fry 4 or 5 chorizo at a time in hot oil 3 to 4 minutes, turning once, until golden brown.
- Drain on paper towels.
- Serve on toothpicks with garnishes and sauce.

Nutrition Facts

PROTEIN 9.21% FAT 71.87% CARBS 18.92%

Properties

Glycemic Index:6.55, Glycemic Load:1.59, Inflammation Score:-2, Nutrition Score:2.3343478726304%

Flavonoids

Apigenin: 2.56mg, Apigenin: 2.56mg, Apigenin: 2.56mg, Apigenin: 2.56mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 63.91kcal (3.2%), Fat: 5.11g (7.86%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.42g (0.47%), Cholesterol: 13.14mg (4.38%), Sodium: 30.26mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin K: 21.92µg (20.87%), Vitamin E: 0.63mg (4.17%), Vitamin C: 3.06mg (3.7%), Vitamin A: 163.21IU (3.26%), Iron: 0.35mg (1.94%), Phosphorus: 18.94mg (1.89%), Manganese: 0.03mg (1.71%), Fiber: 0.39g (1.57%), Vitamin B6: 0.03mg (1.56%), Magnesium: 5.62mg (1.41%), Selenium: 0.94µg (1.34%), Calcium: 13.29mg (1.33%), Vitamin B2: 0.02mg (1.32%), Zinc: 0.17mg (1.15%), Vitamin B1: 0.02mg (1.08%), Folate: 4.17µg (1.04%)