



Chorizo-Potato Tacos

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 corn tortillas
- ☐ 0.3 cup feta cheese crumbled
- ☐ 8 ounces chorizo fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 jalapeno minced for less heat remove seeds
- ☐ 4 servings kosher salt
- ☐ 4 servings pepper freshly ground
- ☐ 2 medium red-skinned potatoes cut into 1-inch chunks

- ☐ 1 scallion minced
- ☐ 2 medium tomatoes diced
- ☐ 2 tablespoons vegetable oil
- ☐ 1 medium baby squash diced yellow

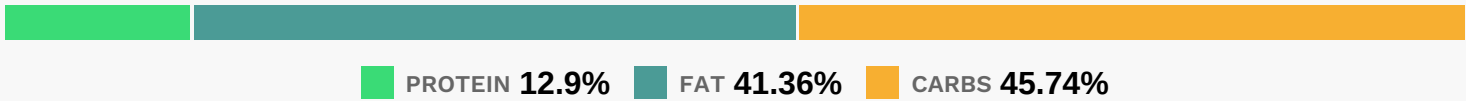
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Put the potatoes in a microwave-safe bowl, add 1/2 cup water and season with salt. Cover with plastic wrap and microwave 5 minutes.
- ☐ Meanwhile, heat the vegetable oil in a medium skillet over high heat, then add the squash and cook until browned but still crisp, 3 to 4 minutes. Season with salt and pepper and transfer to a bowl.
- ☐ Add the sausage to the skillet and cook, breaking it up with a spoon, until it begins to brown, about 5 minutes.
- ☐ Add the potatoes and cooking water and cook, tossing, until the potatoes are browned and the sausage is cooked through, 5 to 6 more minutes. Season with salt.
- ☐ Combine the tomatoes, scallion, jalapeno and cilantro in a bowl and season with salt. Warm the tortillas in a dry skillet or wrap in a damp towel and warm in the microwave, about 1 minute. Fill with the squash and chorizo mixture and sprinkle with the cheese and salsa. Top with sour cream and/or guacamole, if desired.
- ☐ Photographs by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:68.88, Glycemic Load:11.24, Inflammation Score:-8, Nutrition Score:16.81521740167%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 385.74kcal (19.29%), Fat: 18.11g (27.87%), Saturated Fat: 7.17g (44.82%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 38.48g (13.99%), Sugar: 4.75g (5.28%), Cholesterol: 48.34mg (16.11%), Sodium: 349.08mg (15.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.42%), Vitamin C: 41.27mg (50.03%), Vitamin K: 33.25µg (31.66%), Phosphorus: 296.04mg (29.6%), Fiber: 6.6g (26.41%), Vitamin B6: 0.51mg (25.47%), Potassium: 886.52mg (25.33%), Manganese: 0.51mg (25.26%), Vitamin A: 1102.22IU (22.04%), Magnesium: 79.39mg (19.85%), Copper: 0.3mg (14.78%), Iron: 2.52mg (14.02%), Vitamin B3: 2.78mg (13.89%), Vitamin B2: 0.23mg (13.79%), Vitamin B1: 0.2mg (13.33%), Folate: 51.91µg (12.98%), Calcium: 127.96mg (12.8%), Zinc: 1.57mg (10.5%), Vitamin E: 1.3mg (8.64%), Selenium: 5.26µg (7.51%), Vitamin B5: 0.6mg (5.97%), Vitamin B12: 0.16µg (2.64%)