



Chorizo Rolls

 Dairy Free

READY IN

ready

78 min.

SERVINGS

servings

12

CALORIES

calories

391 kcal

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 12 ounce mexican chorizo raw
- ☐ 0.3 teaspoon curry powder
- ☐ 0.3 cup brown sugar dark
- ☐ 2 large eggs plus 1 tablespoon water for egg wash
- ☐ 0.5 teaspoon ground allspice
- ☐ 8 ounces guava paste
- ☐ 3 juice of lime juiced
- ☐ 2 juice of orange juiced

- ☐ 17.3 ounce puff pastry
- ☐ 2 tablespoons vegetable oil
- ☐ 2 slices bread white
- ☐ 1 onion yellow chopped

Equipment

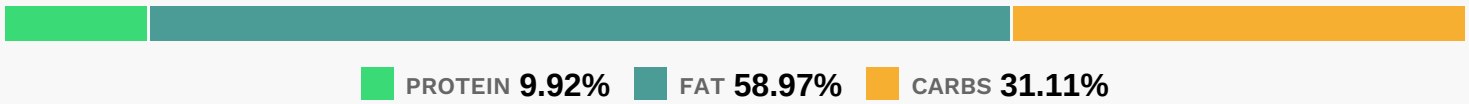
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ wooden spoon
- ☐ cutting board

Directions

- ☐ To make the guachup, heat the vegetable oil in a saucepan over medium-high heat for 2 minutes.
- ☐ Add the onions and saute until soft and browned, 4 minutes. Stir in the guava paste, brown sugar, allspice, curry powder, orange juice, lime juice and vinegar. Cook over low heat until the guava paste has melted, about 15 minutes, stirring often.
- ☐ Remove from the heat, cool slightly, and then transfer to a blender and puree until completely smooth.
- ☐ Preheat your oven to 350 degrees F. Set the oven racks at the upper-middle and lower-middle positions. Line 2 baking pans with parchment paper and set aside.
- ☐ Heat a large skillet over medium-high heat for 1 minute.

- ☐ Add the chorizo and cook, breaking it up with a wooden spoon, until it is completely cooked through, about 6 minutes.
- ☐ Transfer the chorizo to a paper towel-lined plate to drain and cool slightly.
- ☐ Put the chorizo on a cutting board and chop it up into small pieces, transfer to a mixing bowl. Crumble the white bread into the chorizo and mix well to combine.
- ☐ Dust your work surface with flour and place 1 thawed puff pastry sheet on top, with a long edge towards you.
- ☐ Cut the pastry in half lengthwise, giving you 2 long strips, and then cut each strip into 3 squares. Put a heaping tablespoon of the chorizo mixture in the center of the pastry square.
- ☐ Brush the edge closest to you with egg wash, and, starting at the opposite edge, roll the pastry over itself to enclose the filling, turning it onto the egg-brushed edge to seal. (If at any time the pastry gets too warm and hard to handle, place it on the baking sheet and in the freezer for a few minutes to chill quickly.)
- ☐ Place the chorizo rolls, seam side down, on the prepared baking pan. Flatten the rolls slightly with the palm of your hand. With the tip of a knife, slash the top of the pastry 3 times. Repeat the process with the remaining sheet of puff pastry and chorizo filling.
- ☐ Brush the chorizo rolls with egg wash.
- ☐ Bake until the pastry is puffed and golden, about 20 to 25 minutes. Cool for a couple of minutes and serve warm with guachup on the side.

Nutrition Facts



Properties

Glycemic Index:30.23, Glycemic Load:13.27, Inflammation Score:-5, Nutrition Score:9.5839129790016%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg 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: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 390.59kcal (19.53%), Fat: 25.59g (39.37%), Saturated Fat: 7.17g (44.84%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 28.41g (10.33%), Sugar: 8.05g (8.95%), Cholesterol: 48.72mg (16.24%), Sodium: 136.25mg (5.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.36%), Vitamin C: 51.06mg (61.89%), Selenium: 13.66µg (19.51%), Vitamin B1: 0.22mg (14.34%), Manganese: 0.28mg (14.14%), Folate: 55.31µg (13.83%), Iron: 2.03mg (11.28%), Vitamin B3: 2.18mg (10.91%), Vitamin K: 11.41µg (10.86%), Vitamin B2: 0.18mg (10.48%), Fiber: 1.97g (7.87%), Phosphorus: 59.32mg (5.93%), Vitamin A: 289.43IU (5.79%), Copper: 0.11mg (5.72%), Potassium: 171.71mg (4.91%), Vitamin E: 0.67mg (4.48%), Magnesium: 16.19mg (4.05%), Vitamin B6: 0.07mg (3.39%), Calcium: 29.93mg (2.99%), Zinc: 0.44mg (2.9%), Vitamin B5: 0.28mg (2.81%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)