



Chorizo Soft Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound mexican chorizo
- ☐ 4 servings corn tortillas
- ☐ 2 large eggs
- ☐ 1 tablespoon green onion chopped
- ☐ 1 cup jack cheese shredded
- ☐ 1 tablespoon jalapeño chili fresh minced
- ☐ 4 servings lettuce shredded sour chopped
- ☐ 0.3 cup mushrooms sliced

- ☐ 1 cup russet potatoes diced peeled ()
- ☐ 1 tablespoon vegetable oil

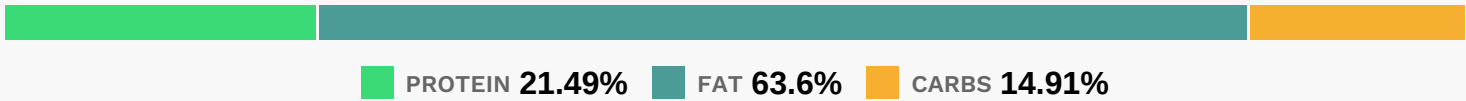
Equipment

- ☐ frying pan

Directions

- ☐ Pour oil into a 10- to 12-inch frying pan over medium heat. When hot, add Mexican chorizo, potatoes, mushrooms, onion, and jalapeo chili; stir often until meat is well browned and potatoes are tender when pierced, about 10 minutes (if potatoes aren't tender, add 1/4 cup water, cover pan, and cook until tender, 8 to 12 minutes longer).
- ☐ Pour in eggs, beaten to blend, and stir until eggs are firm, 1 to 2 minutes.
- ☐ Remove pan from heat and stir in cheese.
- ☐ Serve with warm tortillas and lettuce, sour cream, salsa, and chopped onions to add to taste.

Nutrition Facts



Properties

Glycemic Index:79.56, Glycemic Load:11.02, Inflammation Score:-7, Nutrition Score:14.076086832129%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 596.82kcal (29.84%), Fat: 41.59g (63.98%), Saturated Fat: 16.97g (106.09%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 18.54g (6.74%), Sugar: 2.76g (3.06%), Cholesterol: 189.02mg (63.01%), Sodium: 229.26mg (9.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.25%), Vitamin K: 32.96µg (31.39%), Phosphorus: 301.68mg (30.17%), Calcium: 268.41mg (26.84%), Vitamin A: 1260.29IU (25.21%), Iron: 3.9mg (21.66%), Selenium: 14.18µg (20.25%), Vitamin B2: 0.3mg (17.88%), Vitamin B6: 0.31mg (15.57%), Manganese: 0.27mg (13.69%), Fiber: 3.4g (13.59%), Folate: 52.19µg (13.05%), Potassium: 420.13mg (12%), Zinc: 1.8mg (11.97%), Vitamin C: 9.48mg (11.5%), Magnesium: 45.6mg (11.4%), Vitamin B5: 0.77mg (7.68%), Vitamin B12: 0.46µg (7.66%),

Vitamin B1: 0.11mg (7.54%), Copper: 0.15mg (7.5%), Vitamin E: 0.99mg (6.63%), Vitamin B3: 1.21mg (6.03%), Vitamin D: 0.68µg (4.54%)