



Chorizo Stuffed Reds



Gluten Free



READY IN

ready

70 min.

SERVINGS

servings

10

CALORIES

calories

232 kcal

SIDE DISH

Ingredients



2 tablespoons canola oil



2 teaspoons chili powder



10 ounces chorizo mexican-style



0.3 cup cilantro leaves fresh chopped for garnish



2 cloves garlic minced



2 teaspoons sea salt



0.3 cup olives green chopped



2 teaspoons ground cumin

- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup manchego cheese grated
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons freshly cracked pepper black
- ☐ 0.5 cup onion diced red
- ☐ 5 small potatoes red (1 pound total)
- ☐ 0.5 cup roasted bell peppers diced red (1 pepper)
- ☐ 0.3 cup tequila white

Equipment

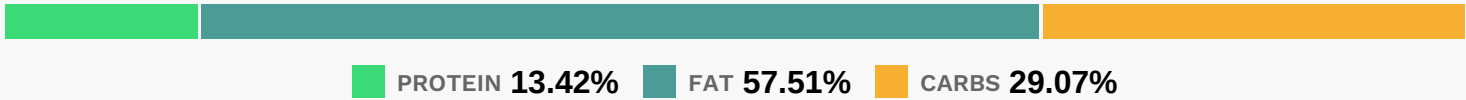
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Mix the spices in a small bowl. Wash and dry the potatoes. Poke several times around each potato with a fork. Rub evenly with the olive oil and sprinkle evenly with the spice mixture.
- ☐ Place on a baking pan and bake until cooked through and the skin is crispy, 45 minutes to 1 hour.
- ☐ Remove from oven, halve and, with a small spoon, scoop out the potato, leaving about 1/8-inch of flesh in the skin. Reserve the skins and chop the potato flesh.
- ☐ For the filling: In a saute pan over medium-high heat, add the canola oil. When hot, add the chorizo and cook for 5 to 6 minutes.
- ☐ Add the onions and saute for 4 to 5 minutes.
- ☐ Add the red bell peppers, olives and garlic and cook for 1 to 2 minutes more. Deglaze the pan with the tequila, cooking until the liquid is absorbed.

- ☐
- Remove from the heat and stir in the cilantro and reserved potato flesh to combine.
- ☐
- Place the potato skins in a pie pan or similar baking dish, nesting them against each other. Fill each half with 1 1/2 tablespoons of the chorizo mixture, top with the cheese and return to the oven. Cook until cheese is starting to melt and they are heated through, 5 to 6 minutes.
- ☐
- Garnish with chopped cilantro and serve hot.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:6.0334783118704%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 231.94kcal (11.6%), Fat: 14.02g (21.57%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 13.81g (5.02%), Sugar: 1.52g (1.69%), Cholesterol: 20.74mg (6.91%), Sodium: 654.7mg (28.47%), Alcohol: 2g (100%), Alcohol %: 1.69% (100%), Protein: 7.36g (14.72%), Vitamin C: 11.49mg (13.93%), Potassium: 442.23mg (12.64%), Manganese: 0.23mg (11.62%), Vitamin B6: 0.2mg (9.85%), Iron: 1.7mg (9.46%), Fiber: 2.14g (8.55%), Vitamin K: 8.58µg (8.17%), Vitamin E: 1.22mg (8.11%), Copper: 0.15mg (7.52%), Vitamin A: 325.47IU (6.51%), Phosphorus: 63.37mg (6.34%), Magnesium: 24.11mg (6.03%), Vitamin B3: 1.12mg (5.58%), Vitamin B1: 0.08mg (5.56%), Calcium: 54.15mg (5.42%), Folate: 18.81µg (4.7%), Vitamin B5: 0.27mg (2.7%), Zinc: 0.38mg (2.53%), Vitamin B2: 0.04mg (2.3%), Selenium: 0.87µg (1.25%)