



Chorizo Taquito with Cheddar Queso

READY IN



40 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple juice
- ☐ 2 cups canola oil for frying
- ☐ 1 carrots chopped
- ☐ 1.5 cups cheddar cheese grated
- ☐ 2 links chorizo sausage
- ☐ 2 flour tortillas
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic
- ☐ 1 small bell pepper green stemmed seeded chopped

- ☐ 1 teaspoon olive oil
- ☐ 1 small onion chopped
- ☐ 1 small bell pepper red stemmed seeded chopped
- ☐ 1 tablespoon mustard yellow

Equipment

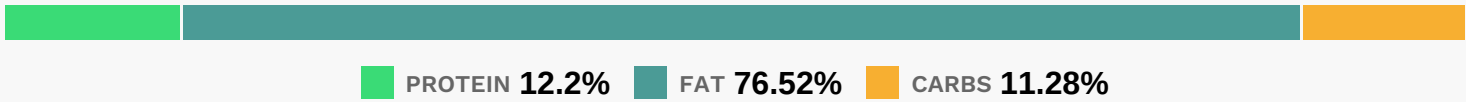
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ To make the taquito: In a large skillet, heat the olive oil over medium-high heat.
- ☐ Add the chorizo to the pan and break it up with a spoon. Cook the sausage until its browned on all sides.
- ☐ Remove the sausage from the pan and spoon out some of the oil leaving a bit in the pan.
- ☐ Add the peppers, onion, carrot, and garlic to the pan. Cook until the carrots are tender, about 8 minutes. Stir in the cooked chorizo.
- ☐ To make the queso: In a sauce pan, combine the apple juice and mustard. Stir well and bring to a simmer over low heat. Stir in the Cheddar cheese. Cook and stir until the cheese is melted. Turn off the heat and cover the cheese sauce to keep it warm.
- ☐ Pour the canola oil into a deep heavy skillet with high sides.
- ☐ Heat the oil over medium-high heat until it reaches 375 degrees F.
- ☐ Heat the tortillas in the microwave for 30 seconds.
- ☐ Lay the tortillas on a plate and divide the meat mixture between them fold in 2 opposite sides then roll the tortilla tightly.
- ☐ Fry the taquitos in the hot oil until golden brown, about 3 to 5 minutes.
- ☐ Drain them on paper towels to remove the excess oil.
- ☐ To serve: Spoon some of the warm queso on each plate, slice the taquitos in half and place the 2 halves on each plate.

Sprinkle the taquitos with chopped fresh cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:77.9, Glycemic Load:4.24, Inflammation Score:-10, Nutrition Score:17.222608804703%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 531.21kcal (26.56%), Fat: 45.45g (69.92%), Saturated Fat: 14.2g (88.72%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 12.9g (4.69%), Sugar: 4.17g (4.64%), Cholesterol: 75.53mg (25.18%), Sodium: 442.44mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Vitamin A: 3873.5IU (77.47%), Vitamin C: 49.88mg (60.46%), Calcium: 348.99mg (34.9%), Vitamin E: 4.87mg (32.45%), Phosphorus: 250.87mg (25.09%), Selenium: 16.96µg (24.22%), Vitamin K: 23.73µg (22.6%), Vitamin B2: 0.27mg (15.85%), Zinc: 1.82mg (12.1%), Manganese: 0.21mg (10.66%), Folate: 40.01µg (10%), Vitamin B6: 0.2mg (9.91%), Vitamin B1: 0.14mg (9.21%), Fiber: 2.17g (8.66%), Iron: 1.45mg (8.07%), Vitamin B12: 0.45µg (7.49%), Magnesium: 24.99mg (6.25%), Potassium: 217.41mg (6.21%), Vitamin B3: 1.16mg (5.82%), Vitamin B5: 0.36mg (3.65%), Copper: 0.07mg (3.36%), Vitamin D: 0.25µg (1.69%)