



Country Boys' Chorizo Huaraches from 'New York à la Cart

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chorizo
- 0.5 cup cotija cheese
- 5 teaspoons cilantro leaves fresh coarsely chopped
- 1 small head lettuce coarsely chopped
- 3.5 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal (corn flour)
- 1 cup refried beans divided
- 1 teaspoon salt

- 5 medium tomatoes diced
- 0.5 cup vegetable oil for frying
- 0.5 medium onion white yellow thinly sliced

Equipment

- bowl
- frying pan
- plastic wrap
- grill
- spatula
- rolling pin

Directions

- Heat a large cast-iron skillet on high for about 5 minutes.
- Remove chorizo from their casing and add to the pan. Reduce heat to medium-high and fry chorizo, breaking it into small pieces with a spatula as it cooks. Cook until browned and crispy, about 5 minutes.
- Remove from heat and drain off grease. You can reserve grease to fry huaraches, if desired.
- Place the masa harina in a large bowl and mix with salt. Slowly add about 2 1/4 cups water and mix with hands to reach right consistency. The dough should be soft but not sticky, and you may need to use more or less water. Form 6 roughly palm-size, egg-shaped balls. Press your fingers into the center of each one by hand into circles to form a deep trench in the center so the ball of dough resembles a canoe.
- Add 1/2 teaspoon of beans to the middle of each ball of dough and pinch the dough to seal and restore the egg shape.
- Place dough on a large sheet of plastic wrap and press gently to flatten then cover with another large sheet of plastic wrap and use a rolling pin, to stretch the stuffed dough to form a large oval about 1/4-inch thick.
- Add 1 to 2 tablespoons of vegetable oil (or reserved chorizo grease) to a flat grill or large cast-iron skillet and heat over medium-high for one minute. Carefully place huarache onto heated surface for about 3 minutes, flip over, and grill for another 2 minutes or until both sides are golden brown.

Spread with a couple of tablespoons of remaining refried beans. Top with chorizo, chopped lettuce, tomato, onion, cilantro, and cotija cheese.

Nutrition Facts



PROTEIN 15.99% **FAT 41.36%** **CARBS 42.65%**

Properties

Glycemic Index:37.17, Glycemic Load:2.71, Inflammation Score:-9, Nutrition Score:22.684782799171%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 580.46kcal (29.02%), Fat: 26.72g (41.1%), Saturated Fat: 9.36g (58.52%), Carbohydrates: 62g (20.67%), Net Carbohydrates: 54.03g (19.65%), Sugar: 5.15g (5.72%), Cholesterol: 58.37mg (19.46%), Sodium: 775.09mg (33.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.51%), Vitamin B1: 1.06mg (70.96%), Folate: 175.81µg (43.95%), Iron: 7.4mg (41.13%), Vitamin B2: 0.68mg (39.79%), Vitamin B3: 7.42mg (37.08%), Vitamin A: 1628.97IU (32.58%), Fiber: 7.97g (31.89%), Vitamin K: 28.31µg (26.96%), Manganese: 0.5mg (24.91%), Vitamin B6: 0.48mg (24.23%), Phosphorus: 222.53mg (22.25%), Magnesium: 80.22mg (20.06%), Vitamin C: 16.26mg (19.7%), Calcium: 187.64mg (18.76%), Selenium: 11.29µg (16.12%), Potassium: 515.61mg (14.73%), Zinc: 1.83mg (12.2%), Copper: 0.2mg (10.09%), Vitamin E: 0.97mg (6.5%), Vitamin B5: 0.4mg (4.01%), Vitamin B12: 0.21µg (3.52%)