



## Cream Tacos: Tacos de Crema

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 anaheim chiles peeled seeded cut into strips
- 12 cilantro sprigs washed and dried
- 0.3 cup cilantro leaves minced
- 12 corn tortillas
- 3 garlic cloves
- 0.3 cup olive oil divided
- 0.5 teaspoon salt
- 1 pound mexican sausage minced (recommended: longaniza or chorizo)

- 1 to 2 serrano chiles
- 1 cup cup heavy whipping cream sour
- 1.5 pounds unhusked tomatillos whole
- 1 onion white minced

## Equipment

- frying pan
- paper towels
- blender
- tongs

## Directions

- Blanch the tomatillos in 1 quart boiling water for 3 minutes.
- Drain and save 1/2 cup of the cooking water. Set aside, cool, and remove husks.
- Place tomatillos in a blender with the garlic, salt, and serrano chiles.
- Add 3 to 4 tablespoons cooking liquid and blend on high speed for 10 seconds. Set sauce aside.
- Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- Add the Mexican sausage and fry until browned and completely cooked through.
- Transfer sausage to paper towels to drain and set aside.
- Simmer sauce for 5 minutes in a pan wide enough to dip tortillas.
- Heat the remaining oil in a large skillet over high flame. With tongs, dip 1 tortilla at a time in the hot oil for a few seconds to coat and heat and then dip the tortilla in tomatillo sauce.
- Place on a serving plate and fill with 1/12th of the Mexican sausage, 1 tablespoon minced onion, and 1/2 teaspoon minced cilantro.
- Roll the tortilla into the shape of an enchilada. Repeat with remaining tortillas. Top with sauce, sour cream, strips of green chile, and a cilantro sprig.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 11.88% ■ FAT 62.31% ■ CARBS 25.81%

## Properties

Glycemic Index:33.25, Glycemic Load:10.59, Inflammation Score:-7, Nutrition Score:17.433913002843%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

## Nutrients (% of daily need)

Calories: 555.97kcal (27.8%), Fat: 39.19g (60.29%), Saturated Fat: 12.17g (76.04%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 29.35g (10.67%), Sugar: 8.34g (9.26%), Cholesterol: 77.05mg (25.68%), Sodium: 838.75mg (36.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.62%), Phosphorus: 348.95mg (34.89%), Vitamin B3: 6.57mg (32.84%), Vitamin K: 32.43µg (30.89%), Fiber: 7.17g (28.69%), Vitamin C: 22.16mg (26.86%), Vitamin B6: 0.48mg (23.85%), Vitamin B1: 0.33mg (21.96%), Manganese: 0.42mg (21.1%), Potassium: 696.3mg (19.89%), Magnesium: 78.18mg (19.55%), Zinc: 2.77mg (18.48%), Vitamin E: 2.29mg (15.27%), Vitamin A: 750.61IU (15.01%), Vitamin B2: 0.25mg (14.42%), Iron: 2.42mg (13.42%), Copper: 0.25mg (12.5%), Vitamin B12: 0.72µg (12.05%), Calcium: 105.96mg (10.6%), Vitamin B5: 0.92mg (9.23%), Selenium: 5.51µg (7.87%), Vitamin D: 0.98µg (6.55%), Folate: 20.25µg (5.06%)