



Crispy Corn Tortillas with Chicken and Cheddar

 **Gluten Free** Image not found or type unknown

READY IN

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ready

40 min.

SERVINGS

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servings

4

CALORIES

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calories

433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 12 corn tortillas
- ☐ 0.5 teaspoon cumin seeds
- ☐ 2 jalapeños
- ☐ 1 teaspoon juice of lime fresh
- ☐ 4 servings pepper freshly ground
- ☐ 4 radishes very thinly sliced

- ☐ 2 tablespoons onion red finely chopped
- ☐ 2 cups roast chicken shredded finely
- ☐ 4 servings salt
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 4 servings vegetable oil for frying

Equipment

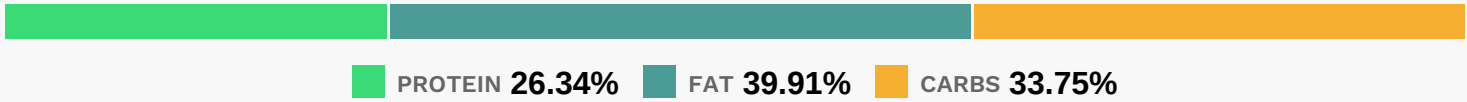
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ toothpicks
- ☐ aluminum foil
- ☐ microwave
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Skewer the jalapeos on a metal skewer or fork and roast over a flame until blackened, 3 minutes. Wrap in foil and let cool slightly. Rub off the skins and remove the seeds, then finely chop.
- ☐ Transfer the jalapeos to a bowl and add the chicken, cheese and cumin. Season with salt and pepper; toss well.
- ☐ Wrap half of the tortillas in a towel and microwave at high power for 1 minute, until pliable. Arrange the tortillas on a surface and pack half of the chicken filling into cylinders across the bottoms. Tightly roll the tortillas around the filling, securing with toothpicks. Repeat to form the remaining flautas.
- ☐ In a large skillet, heat 1/4 inch of oil. Line a baking sheet with paper towels. Fry half of the flautas over moderate heat, turning, until golden and crisp all over and heated through, about 4 minutes.
- ☐ Drain on paper towels. Fry the remaining flautas.

- ☐
- In a bowl, toss the radishes with the cilantro, onion and lime juice; season with salt andpepper.
- ☐
- Remove the toothpicks and serve the flautas with the radish salad.

Nutrition Facts



Properties

Glycemic Index:59.38, Glycemic Load:15.5, Inflammation Score:-6, Nutrition Score:16.4773912999994%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 433.35kcal (21.67%), Fat: 19.37g (29.8%), Saturated Fat: 7.49g (46.79%), Carbohydrates: 36.85g (12.28%), Net Carbohydrates: 31.51g (11.46%), Sugar: 1.39g (1.55%), Cholesterol: 80.75mg (26.92%), Sodium: 469.04mg (20.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.76g (57.53%), Phosphorus: 514.84mg (51.48%), Selenium: 30.08µg (42.97%), Vitamin B3: 6.83mg (34.16%), Calcium: 278.03mg (27.8%), Vitamin B6: 0.52mg (25.94%), Fiber: 5.34g (21.37%), Zinc: 3.17mg (21.15%), Magnesium: 81.89mg (20.47%), Vitamin B2: 0.29mg (16.99%), Manganese: 0.31mg (15.55%), Vitamin C: 9.93mg (12.03%), Iron: 2.09mg (11.61%), Potassium: 373.62mg (10.67%), Vitamin K: 10.48µg (9.98%), Vitamin B5: 0.93mg (9.26%), Vitamin A: 460.99IU (9.22%), Copper: 0.18mg (9.14%), Vitamin B1: 0.13mg (8.88%), Vitamin B12: 0.5µg (8.37%), Vitamin E: 0.95mg (6.32%), Folate: 17.96µg (4.49%), Vitamin D: 0.17µg (1.13%)