



Dinner Tonight: Taquitos de Papa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings avocado sliced



4 garlic clove



2 guajillo chiles* stemmed seeded



4 servings lettuce chopped



4 lime cut into wedges



1.3 pounds i would have liked to use an version of masa but i couldn't find one at the time of making the tamal fresh



4 servings salsa red



4 servings salt

- ☐ 1.3 pounds potato rinsed cut into small cubes, skins left on
- ☐ 1.5 tablespoons frangelico
- ☐ 1.5 tablespoons frangelico

Equipment

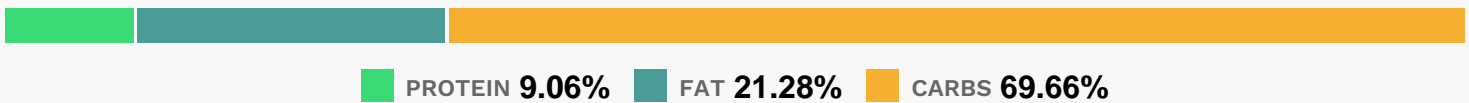
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ colander

Directions

- ☐ Add the potatoes to a medium pot. Cover with water, and turn the heat to high. Season with a big pinch of salt. Once it reaches a boil, reduce heat to medium-low and cook for about 10 minutes, or until the potatoes are tender. Reserve 1/3 cup of the potato water. Then drain the potatoes in a colander, and then dump in a large bowl.
- ☐ While the potatoes are cooking, place a large iron skillet over medium heat. Lightly toast the guajillo chiles for 30 seconds to a minute on each side. Make sure they don't burn.
- ☐ Transfer to a bowl and cover with hot water.
- ☐ Let them soak for 15 minutes.
- ☐ Add the unpeeled garlic into the skillet. Toss often and cook for 5 to 10 minutes, or until the garlic is lightly blackened and soft.
- ☐ Let cool for a minute, and then remove the skins.
- ☐ Drain the guajillo chiles, and tear into 1-inch pieces. Toss in the blender along with the garlic and the potato water. Blend well. Strain this mixture through a sieve in a large bowl and toss with potatoes. Divide this mixture into 12 small piles.
- ☐ Divide the fresh masa into 12 equally sized balls. Flatten the balls in between two pieces of plastic wrap using a tortilla press. When flat, carefully remove the top piece of plastic.

- ☐
- Place one pile of the potato mixture towards the bottom of the masa. Using the plastic wrap, roll the bottom portion of the masa up toward the top. Peel back the plastic wrap from the bottom.
- ☐
- Roll top portion toward the bottom to create a cigar shaped package that completely covers the filling. Repeat 11 more times.
- ☐
- Add the lard to a large iron skillet. Turn the heat to medium-low.
- ☐
- Add as many of the taquitos as will fit in one layer. Slowly brown on all sides, turning every other minute or so. This might take up to 10 minutes. Repeat with the remaining taquitos.
- ☐
- Serve with chopped lettuce, avocado, limes, and a generous spoonful of salsa.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:3.17, Inflammation Score:-10, Nutrition Score:48.503043464992%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 828.58kcal (41.43%), Fat: 20.81g (32.01%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 153.26g (51.09%), Net Carbohydrates: 130.99g (47.63%), Sugar: 7.34g (8.16%), Cholesterol: 0mg (0%), Sodium: 455.65mg (19.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.94g (39.88%), Vitamin B1: 2.35mg (156.52%), Folate: 436.2µg (109.05%), Vitamin B3: 18.22mg (91.11%), Fiber: 22.27g (89.07%), Vitamin B2: 1.39mg (81.49%), Iron: 13.26mg (73.67%), Vitamin B6: 1.35mg (67.26%), Manganese: 1.19mg (59.66%), Vitamin C: 46.27mg (56.09%), Magnesium: 209.35mg (52.34%), Potassium: 1823.93mg (52.11%), Phosphorus: 489.28mg (48.93%), Vitamin K: 50.25µg (47.86%), Copper: 0.73mg (36.74%), Selenium: 22.09µg (31.55%), Vitamin A: 1556.95IU (31.14%), Calcium: 272.38mg (27.24%), Zinc: 3.98mg (26.56%), Vitamin B5: 2.38mg (23.82%), Vitamin E: 2.84mg (18.93%)