



 **64%**
HEALTH SCORE

Empellón Chef Alex Stupak's Homemade Green Chorizo Tacos with Kale and Potatoes

 **Gluten Free**  **Very Healthy**

READY IN



75 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves crushed
- 0.1 teaspoon peppercorns black
- 4 servings chorizo green
- 0.1 teaspoon coriander seeds
- 12 corn tortillas
- 1 pound fingerling potatoes sliced
- 2 garlic clove minced

- 0.8 pound boston butt pork shoulder
- 0.8 pound kale chopped
- 4 servings kosher salt
- 4 servings salt and pepper freshly ground
- 0.3 cup olive oil extra virgin extra-virgin
- 0.1 teaspoon oregano dried
- 1 cup parsley packed
- 1 small poblano pepper
- 4 servings queso fresco sour crumbled for serving (or cream)
- 2 tablespoons sherry vinegar

Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- plastic wrap
- broiler

Directions

- Make the green chorizo: In a small skillet, toast the peppercorns, coriander seeds, oregano, bay leaf and clove over moderate heat until fragrant, about 2 minutes.
- Transfer the spices to a spice grinder and let cool completely, then finely grind them.
- In the same skillet, roast the garlic cloves over high heat, turning, until tender and charred in spots, about 10 minutes.
- Let the garlic cool, then peel and transfer the cloves to a blender.
- Roast the poblano directly over a gas flame or under a preheated broiler, turning, until charred all over.

- Let cool, then peel, stem and seed the chile.
- Add the chile, parsley, sherry vinegar and 1 1/2 teaspoons of salt to the blender and puree until smooth.
- In a medium bowl, mix the ground pork with the puree and the spices. Press a piece of plastic wrap directly onto the green chorizo and refrigerate overnight.
- Make the filling: Preheat the oven to 350°. On a rimmed baking sheet, toss the potatoes with 1 tablespoon of the olive oil and season with salt and pepper. Roast for about 30 minutes, tossing once, until golden and tender.
- In a large skillet, heat the remaining 3 tablespoons of olive oil.
- Add the garlic and the green chorizo and cook over moderately high heat, breaking up the chorizo with a spoon, until it is just starting to brown, about 10 minutes.
- Add the kale and toss until just wilted, then add 1/3 cup of water. Cook over moderately low heat, stirring occasionally, until the kale is tender and the chorizo is cooked, about 10 minutes. Fold in the potatoes and season with salt and pepper.
- Spoon the filling onto the tortillas and serve with queso fresco and crema.
- Wine Pairing: Fresh, berry-rich Malbec: 2009 Catena Zapata

Nutrition Facts



PROTEIN 15.77% **FAT 37.23%** **CARBS 47%**

Properties

Glycemic Index:75.81, Glycemic Load:30.03, Inflammation Score:-10, Nutrition Score:38.043913081936%

Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg Kaempferol: 40.95mg, Kaempferol: 40.95mg, Kaempferol: 40.95mg, Kaempferol: 40.95mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 20.47mg, Quercetin: 20.47mg, Quercetin: 20.47mg, Quercetin: 20.47mg

Nutrients (% of daily need)

Calories: 502.63kcal (25.13%), Fat: 21.44g (32.99%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 60.9g (20.3%), Net Carbohydrates: 49.07g (17.84%), Sugar: 2.86g (3.18%), Cholesterol: 36.07mg (12.02%), Sodium: 531.66mg (23.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.87%), Vitamin K: 589.99µg (561.89%), Vitamin A: 9850.47IU (197.01%), Vitamin C: 137.55mg (166.72%), Manganese: 1.09mg (54.73%), Vitamin B1: 0.75mg

(49.74%), Phosphorus: 480.87mg (48.09%), Fiber: 11.83g (47.32%), Vitamin B6: 0.92mg (46.07%), Potassium: 1224.82mg (34.99%), Vitamin B2: 0.57mg (33.48%), Calcium: 334.08mg (33.41%), Magnesium: 132.12mg (33.03%), Selenium: 21.62µg (30.88%), Vitamin B3: 5.89mg (29.45%), Iron: 5.05mg (28.04%), Folate: 102.35µg (25.59%), Zinc: 3.55mg (23.66%), Vitamin E: 2.93mg (19.56%), Copper: 0.38mg (19.07%), Vitamin B5: 1.02mg (10.18%), Vitamin B12: 0.45µg (7.54%)