



## Flautas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



384 kcal

SIDE DISH

## Ingredients

- ☐ 30 corn tortillas
- ☐ 30 tablespoons mexican meat mix
- ☐ 10 servings vegetable oil

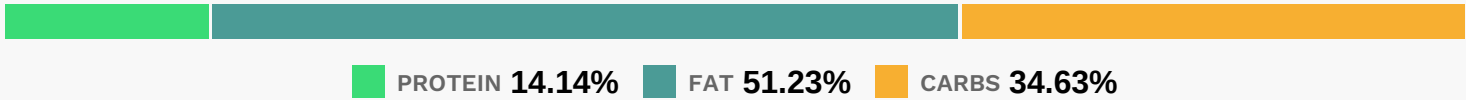
## Equipment

- ☐ frying pan
- ☐ paper towels

# Directions

- ☐ Pour vegetable oil to a depth of 2 inches in a large skillet; heat to 37
- ☐ Soften 30 corn tortillas, 1 at a time, by dipping in hot oil for 2 seconds.
- ☐ Drain on paper towels.
- ☐ Place 1 tablespoon Mexican Meat
- ☐ Mix on bottom half of each tortilla; roll tightly. Cook, seam side down, in hot oil 2 minutes on each side or until golden.
- ☐ Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:5.05, Glycemic Load:15.09, Inflammation Score:-2, Nutrition Score:7.345652182384%

## Nutrients (% of daily need)

Calories: 384.3kcal (19.21%), Fat: 22.88g (35.2%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 29.87g (10.86%), Sugar: 0.69g (0.76%), Cholesterol: 31.05mg (10.35%), Sodium: 66.15mg (2.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.41%), Vitamin K: 25.75µg (24.52%), Phosphorus: 244.92mg (24.49%), Fiber: 4.91g (19.66%), Magnesium: 56.16mg (14.04%), Manganese: 0.25mg (12.71%), Iron: 1.84mg (10.23%), Vitamin E: 1.36mg (9.09%), Vitamin B6: 0.17mg (8.54%), Zinc: 1.02mg (6.81%), Selenium: 4.76µg (6.8%), Calcium: 63.18mg (6.32%), Copper: 0.12mg (6.01%), Vitamin B3: 1.17mg (5.85%), Vitamin B1: 0.07mg (4.89%), Potassium: 145.08mg (4.15%), Vitamin B2: 0.05mg (2.98%)