



## Gorditas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

## Ingredients

- ☐ 0.7 cup cornmeal
- ☐ 8.3 ounce corn canned
- ☐ 0.5 cup monterrey jack cheese (or Jack cheese)
- ☐ 6 servings rotisserie chicken cut shredded sour cooked sliced chopped (or pork)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted

## Equipment

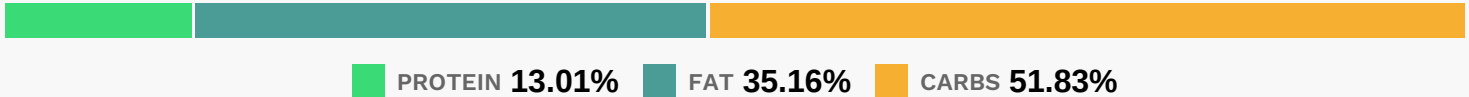
- ☐ sauce pan

- ☐ oven
- ☐ whisk
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 400°F.
- ☐ In a saucepan over medium heat, combine the corn, salt, and 1/2 cup water.
- ☐ Whisk in the cornmeal and cook, stirring constantly, until the liquid is absorbed, about 5 minutes.
- ☐ Add the butter and cheese, stirring to combine.
- ☐ Remove from heat.
- ☐ Grease a 6-cup muffin tin. Divide the corn mixture evenly among the cups, pressing it into the bottom and up the sides to create cups.
- ☐ Bake until crisp, 20 to 25 minutes.
- ☐ Let cool for 5 minutes, then turn the corn cups out of the tin.
- ☐ Stuff them with the fillings of your choice and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.92, Glycemic Load:7.7, Inflammation Score:-3, Nutrition Score:4.2586956866409%

## Nutrients (% of daily need)

Calories: 149.6kcal (7.48%), Fat: 6.03g (9.28%), Saturated Fat: 3.23g (20.18%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 17.87g (6.5%), Sugar: 1.58g (1.76%), Cholesterol: 14.36mg (4.79%), Sodium: 356.46mg (15.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Phosphorus: 102mg (10.2%), Fiber: 2.13g (8.51%), Calcium: 73.16mg (7.32%), Manganese: 0.14mg (7.07%), Magnesium: 28.12mg (7.03%), Zinc: 1.04mg (6.93%), Vitamin B6: 0.14mg (6.82%), Folate: 24.53µg (6.13%), Vitamin B2: 0.07mg (4.39%), Vitamin B1: 0.06mg (4.26%), Iron: 0.75mg (4.15%), Vitamin B3: 0.82mg (4.1%), Selenium: 2.61µg (3.72%), Potassium: 117.35mg (3.35%), Copper: 0.07mg (3.33%), Vitamin A: 159.57IU (3.19%), Vitamin B5: 0.2mg (1.98%), Vitamin C: 1.6mg (1.94%), Vitamin B12: 0.08µg (1.37%), Vitamin E: 0.17mg (1.14%)