



## Homemade Fresh Chorizo

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black freshly ground
- 6 pepper flakes dried
- 8 garlic clove chopped
- 2 pounds ground pork
- 1 tablespoon kosher salt plus more for seasoning
- 3 tablespoons paprika smoked

### Equipment

- bowl

- frying pan
- blender
- spatula
- kitchen scissors

## Directions

- Heat a large dry cast-iron skillet over medium-high heat.
- Add chiles; toast, turning often, until just fragrant, about 1 minute.
- Remove from pan and let cool.
- Using kitchen scissors and working over a medium bowl, cut chiles into 1" rings, reserving seeds and discarding stems. Cover with 1/2 cup hot water; let soak, stirring occasionally, until chiles are soft and pliable, about 10 minutes.
- Transfer chiles with seeds and soaking liquid to a blender.
- Add garlic, paprika, 1 tablespoon salt, and pepper; pulse until a paste forms.
- Combine pork and chile paste in a large bowl. Gently mix until just blended (do not overwork the meat).
- Heat a large cast-iron skillet over medium-high heat. Working in 2 batches, cook chorizo until cooked through, 7-8 minutes. (Be sure to let meat brown before turning and breaking it up into small pieces with a spoon or spatula.) Season with salt. **DO AHEAD:** Chorizo can be made 1 day ahead. Cover and chill. Rewarm before serving.

## Nutrition Facts



## Properties

Glycemic Index: 20.33, Glycemic Load: 1.99, Inflammation Score: -9, Nutrition Score: 24.099564966948%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 432.32kcal (21.62%), Fat: 32.72g (50.34%), Saturated Fat: 12g (75.01%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 5.33g (1.94%), Sugar: 2.79g (3.1%), Cholesterol: 108.86mg (36.29%), Sodium: 1254.59mg (54.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.15g (54.3%), Vitamin C: 67mg (81.22%), Vitamin B1: 1.16mg (77.27%), Selenium: 38.23µg (54.61%), Vitamin B6: 0.93mg (46.61%), Vitamin A: 2165.06IU (43.3%), Vitamin B3: 7.5mg (37.51%), Phosphorus: 301.58mg (30.16%), Vitamin B2: 0.44mg (26%), Zinc: 3.65mg (24.32%), Potassium: 679.35mg (19.41%), Vitamin B12: 1.06µg (17.64%), Iron: 2.64mg (14.69%), Manganese: 0.27mg (13.37%), Vitamin B5: 1.22mg (12.17%), Magnesium: 46.91mg (11.73%), Vitamin K: 9.72µg (9.26%), Vitamin E: 1.34mg (8.9%), Copper: 0.17mg (8.42%), Fiber: 2.06g (8.26%), Folate: 19.8µg (4.95%), Calcium: 44.92mg (4.49%)