



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

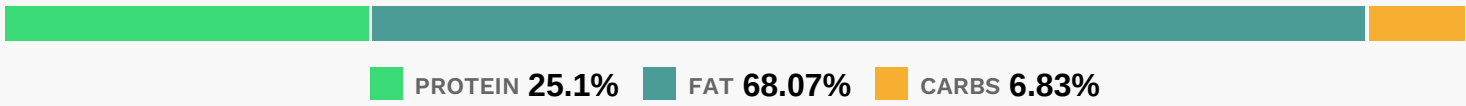
- ☐ bowl

- ☐ frying pan
- ☐ blender
- ☐ spatula
- ☐ kitchen scissors

Directions

- ☐ Heat a large dry cast-iron skillet overmedium-high heat.
- ☐ Add chiles; toast,turning often, until just fragrant,about 1 minute.
- ☐ Remove from panand let cool.
- ☐ Using kitchen scissors andworking over a medium bowl, cutchiles into 1" rings, reserving seedsand discarding stems. Cover with1/2 cup hot water; let soak, stirringoccasionally, until chiles are softand pliable, about 10 minutes.
- ☐ Transfer chiles with seeds andsoaking liquid to a blender.
- ☐ Addgarlic, paprika, 1 tablespoon salt, andpepper; pulse until a paste forms.
- ☐ Combine pork and chile pastein a large bowl. Gently mix untiljust blended (do not overwork themeat).
- ☐ Heat a large cast-iron skillet overmedium-high heat. Working in2 batches, cook chorizo until cookedthrough, 7-8 minutes. (Be sureto let meat brown before turningand breaking it up into small pieceswith a spoon or spatula.) Seasonwith salt. DO AHEAD: Chorizo can bemade 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: Og (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%)