

Mexican Chorizo

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

READY IN



520 min.

SERVINGS



8

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons aleppo peppers crushed
- 1 teaspoon pepper black freshly ground
- 1.5 tablespoons chili powder
- 4 cloves garlic minced
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.5 teaspoon oregano dried

- 2 pounds pork butt boneless cut into 3/4-inch pieces (shoulder)
- 2 teaspoons salt
- 1 teaspoon vegetable oil
- 2 tablespoons water
- 0.5 cup distilled vinegar white

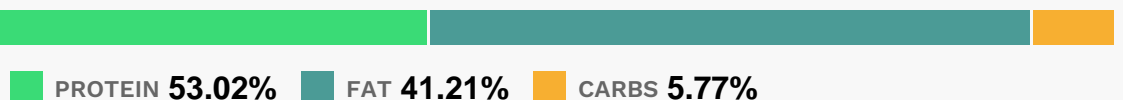
Equipment

- bowl
- frying pan
- mixing bowl
- meat grinder

Directions

- Place the pork, Aleppo pepper, chili powder, garlic, salt, black pepper, oregano, cumin, cloves, and coriander into a bowl, and lightly toss the pork with the seasonings until thoroughly blended. Cover the bowl, and refrigerate the meat, your meat grinder's head assembly, and grinder hopper for 1 hour.
- Fill a large mixing bowl with ice cubes, and place a smaller metal bowl in the ice cubes to catch the ground meat. Assemble the chilled meat grinder, and grind the pork and seasonings using a coarse cutting plate. Return ground meat to refrigerator for 30 minutes. Lightly stir the ground pork with the vinegar and water until thoroughly mixed, form into patties, and refrigerate overnight, covered, to let flavors develop.
- Heat vegetable oil in a heavy skillet over medium-low heat, and pan-fry the patties until browned and no longer pink in the middle, 5 to 8 minutes per side.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:15.689130542071%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 170.01kcal (8.5%), Fat: 7.53g (11.59%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.25g (0.28%), Cholesterol: 68.04mg (22.68%), Sodium: 705.53mg (30.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.81g (43.62%), Selenium: 32.93µg (47.04%), Vitamin B1: 0.64mg (42.99%), Vitamin B6: 0.68mg (33.75%), Vitamin B2: 0.47mg (27.48%), Vitamin B3: 5.35mg (26.75%), Zinc: 3.98mg (26.51%), Phosphorus: 242.52mg (24.25%), Vitamin B5: 1.82mg (18.17%), Vitamin A: 894.82IU (17.9%), Vitamin B12: 1.03µg (17.2%), Potassium: 457.94mg (13.08%), Iron: 2.09mg (11.59%), Vitamin E: 1.5mg (9.99%), Manganese: 0.18mg (9.11%), Copper: 0.16mg (7.91%), Magnesium: 31.6mg (7.9%), Vitamin K: 5.51µg (5.25%), Fiber: 1.25g (5.01%), Vitamin D: 0.68µg (4.54%), Calcium: 35.03mg (3.5%)