

Mexican Chorizo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons cider vinegar
- ☐ 1 garlic clove crushed
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon oregano dried
- ☐ 1.5 teaspoons paprika
- ☐ 0.5 pound boned pork loin
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Trim fat from pork.
- ☐ Combine pork and remaining ingredients in a food processor, and pulse until well-blended.
- ☐ Place mixture in a zip-top bag; seal and marinate in refrigerator 8 hours or overnight.
- ☐ Place a medium skillet over medium-high heat until hot.
- ☐ Add pork mixture; cook 5 minutes or until done, stirring to crumble.

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:4.1934782318447%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 49.38kcal (2.47%), Fat: 1.94g (2.99%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.39g (0.43%), Cholesterol: 17.86mg (5.95%), Sodium: 103.71mg (4.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Vitamin B6: 0.25mg (12.48%), Selenium: 8.15µg (11.64%), Vitamin A: 484.95IU (9.7%), Vitamin B3: 1.8mg (8.98%), Vitamin B1: 0.13mg (8.74%), Phosphorus: 69.65mg (6.96%), Potassium: 142.15mg (4.06%), Vitamin B2: 0.07mg (4.03%), Vitamin E: 0.6mg (4%), Zinc: 0.58mg (3.9%), Iron: 0.55mg (3.05%), Vitamin K: 3.18µg (3.03%), Magnesium: 10.61mg (2.65%), Manganese: 0.05mg (2.56%), Vitamin B12: 0.14µg (2.41%), Vitamin B5: 0.23mg (2.33%), Fiber: 0.55g (2.21%), Copper: 0.03mg (1.62%)