



## Mexican 'Fondue' with Chorizo and Tomatillo Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1018 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 pound chorizo fresh
- ☐ 2 servings corn oil as needed
- ☐ 6 corn tortillas
- ☐ 1.5 cups monterrey jack cheese shredded
- ☐ 0.5 cup queso asadero grated
- ☐ 2 servings salsa excellent homemade (, or store bought--Frontera is an brand)

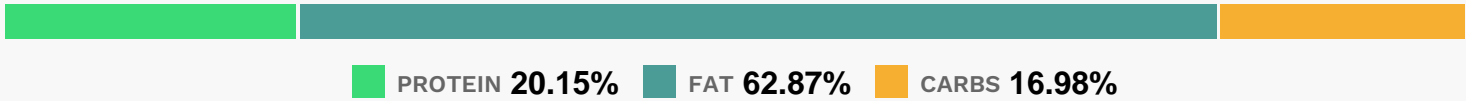
### Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ ramekin
- ☐ wooden spoon
- ☐ broiler
- ☐ microwave

## Directions

- ☐ Preheat the oven to 375°F.
- ☐ Heat a skillet over medium heat and add the chorizo to the pan, adding a little corn oil, if necessary, to help lubricate the meat and allow it to cook and crumble. It depends on the fat content of the sausage. Cook, breaking up often with a wooden spoon, until the fat has completely rendered and the meat is beginning to crisp, 7–10 minutes.
- ☐ In a shallow ramekin or other flame-proof dish, spread half the cheese on the bottom and slide into the oven. Cook for 5 minutes, until the cheese begins to melt, then remove and sprinkle the chorizo over it. Cover with the remaining cheese and cook until it's completely melted, another 5–7 minutes. Once melted, turn on the broiler and broil for 2 minutes until golden on top.
- ☐ In the meantime, wrap the tortillas in a damp paper towel and microwave on high for 30 seconds and allow to sit wrapped up as they steam and become pliable.
- ☐ Serve the bubbling hot cheese with the warmed tortillas and the tomatillo salsa.

## Nutrition Facts



## Properties

Glycemic Index:52.75, Glycemic Load:15.24, Inflammation Score:-8, Nutrition Score:20.882608517357%

## Nutrients (% of daily need)

Calories: 1018.03kcal (50.9%), Fat: 70.7g (108.77%), Saturated Fat: 34.74g (217.14%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 37.3g (13.56%), Sugar: 6.29g (6.99%), Cholesterol: 190.66mg (63.55%), Sodium:

1723.48mg (74.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.99g (101.98%), Phosphorus: 1108.17mg (110.82%), Calcium: 916.71mg (91.67%), Vitamin A: 1595.74IU (31.91%), Vitamin B2: 0.53mg (31.38%), Zinc: 4.6mg (30.66%), Selenium: 17.33µg (24.76%), Fiber: 5.67g (22.67%), Iron: 4.01mg (22.25%), Magnesium: 83.84mg (20.96%), Manganese: 0.3mg (14.99%), Vitamin B6: 0.29mg (14.7%), Potassium: 438.24mg (12.52%), Vitamin B12: 0.7µg (11.72%), Vitamin E: 1.42mg (9.48%), Copper: 0.17mg (8.4%), Vitamin B3: 1.61mg (8.04%), Vitamin B1: 0.1mg (6.48%), Folate: 20.43µg (5.11%), Vitamin K: 5.15µg (4.91%), Vitamin D: 0.51µg (3.39%), Vitamin B5: 0.33mg (3.28%), Vitamin C: 0.84mg (1.02%)