



No Can Beato This Taquito

 Gluten Free

READY IN



135 min.

SERVINGS



24

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 avocados pitted ripe peeled
- 0.5 bottle beer your favorite
- 24 servings canola oil for frying
- 24 corn tortillas
- 1 teaspoon cilantro leaves fresh chopped
- 2 tablespoons cilantro leaves fresh minced
- 0.3 cup handful cilantro leaves fresh
- 1 teaspoon garlic minced

- 2 tablespoons garlic minced
- 1 teaspoon ground cumin
- 2 tablespoons hot sauce
- 1 jalapeño minced seeded
- 2 jalapeños diced seeded
- 1 juice of lime juiced
- 4 tablespoons olive oil
- 24 servings olive oil for grilling
- 1 tablespoon oregano dried
- 1 bell pepper red julienned
- 0.3 cup onion diced red
- 0.5 cup onion diced red
- 1 large onion diced red
- 2 medium potatoes diced red
- 24 servings salt and pepper
- 2 pounds chicken breast boneless skinless cut into 1-inch strips
- 2 tablespoons cup heavy whipping cream sour
- 4 tablespoons cup heavy whipping cream sour
- 3 ounces tequila your favorite
- 8 tomatillos fresh
- 0.3 cup tomatoes diced
- 0.5 cup tomatoes diced
- 1 tablespoon vinegar white

Equipment

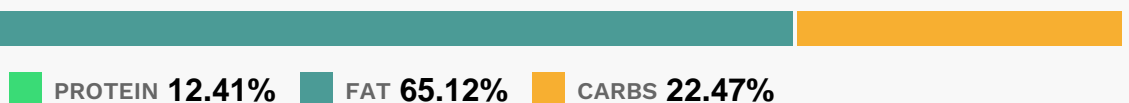
- frying pan
- paper towels
- blender
- toothpicks

- grill
- microwave

Directions

- In medium saute pan over medium to high heat, add the oil, onion, red bell pepper, jalapeno pepper, potatoes, garlic and chicken.
- Saute until the chicken is cooked and the vegetables are soft.
- Add the oregano and cumin and season with salt and pepper, to taste.
- Deglaze the pan with the tequila and lime juice and let simmer until the liquid is almost evaporated.
- Remove from heat. Shred the chicken with 2 forks and let cool. Stir in the cilantro.
- Wrap the tortillas in paper towels and microwave for 2 minutes to make the tortillas pliable.
- Place about 4 tablespoons of the chicken mixture on 1 tortilla, roll tightly and close with a toothpick.
- In large cast iron skillet, heat 1/2 inch of canola oil to 350 degrees F.
- Cooking in batches, add the rolls to the hot oil, placing them seam-side down. Cook until golden brown, about 2 minutes, and turn to cook the other side until golden brown.
- Remove and drain on paper towels.
- Remove the toothpicks and serve with the Guacamole and Tomtillo Salsa.
- Place the avocados, jalapeno, red onion, tomato, beer, sour cream, lime juice, cilantro, salt and pepper in a blender and puree.
- Rub the tomatillos with oil; grill until browned all over.
- Place the tomatillos in a blender with the red onion, garlic, cilantro, vinegar, hot sauce, 1/2 cup of the tomatoes and 1/4 cup of water and puree. Season with salt and pepper. Top with the sour cream and remaining 3 tablespoons tomatoes and serve.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:5.72, Inflammation Score:-6, Nutrition Score:12.017391292945%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 351.44kcal (17.57%), Fat: 25.35g (39%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 15.34g (5.58%), Sugar: 2.04g (2.26%), Cholesterol: 25.96mg (8.65%), Sodium: 285.94mg (12.43%), Alcohol: 1.46g (100%), Alcohol %: 0.99% (100%), Protein: 10.87g (21.74%), Vitamin B3: 5.36mg (26.79%), Vitamin E: 3.78mg (25.21%), Vitamin B6: 0.5mg (24.87%), Vitamin K: 21.84µg (20.8%), Vitamin C: 17.11mg (20.74%), Selenium: 14.27µg (20.39%), Phosphorus: 200.74mg (20.07%), Fiber: 4.34g (17.35%), Potassium: 478.36mg (13.67%), Magnesium: 46.34mg (11.59%), Manganese: 0.22mg (11.19%), Vitamin B5: 1.04mg (10.43%), Folate: 33.87µg (8.47%), Copper: 0.15mg (7.31%), Vitamin B2: 0.12mg (6.84%), Vitamin B1: 0.1mg (6.59%), Vitamin A: 315.31IU (6.31%), Iron: 1.11mg (6.16%), Zinc: 0.88mg (5.85%), Calcium: 41.33mg (4.13%), Vitamin B12: 0.08µg (1.39%)