



Poquito and Grande: Taquitos and Burritos

READY IN



45 min.

SERVINGS



8

CALORIES



877 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 19 ounce black beans canned (recommended: Progresso)
- 1 can chiles green chopped
- 8 servings canola oil for frying
- 1 tablespoon chili powder
- 2 tablespoons chipotle in adobo hot mashed (medium to)
- 3 leaves cilantro leaves fresh finely chopped
- 12 6-inch corn tortillas ()
- 28 ounce canned tomatoes fire roasted crushed canned
- 8 8-inch flour tortillas ()

- 2 cloves garlic grated finely chopped
- 1 pinch ground cinnamon
- 1 teaspoon ground cumin
- 1.5 teaspoons ground cumin
- 1.5 pounds ground pork
- 0.5 head iceberg lettuce shredded
- 2 cups monterey jack shredded
- 1 tablespoon olive oil extra-virgin
- 3 tablespoons olive oil extra-virgin divided
- 0.5 teaspoon oregano dried
- 1 onion red chopped
- 2 cups rotisserie chicken cut shredded
- 8 servings salt and pepper black freshly ground
- 1 teaspoon sugar
- 1 small zucchini grated

Equipment

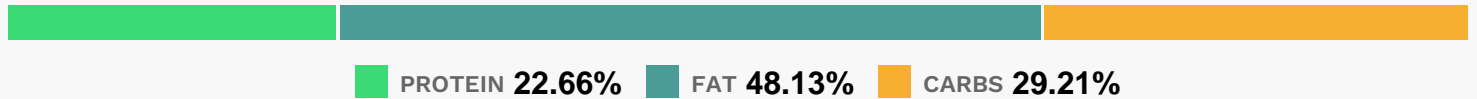
- frying pan
- oven
- pot
- microwave

Directions

- Preheat oven to 425 degrees F.
- Season the chicken with cumin, oregano, salt and pepper and mix in the chiles and cilantro or parsley. Dip the tortillas in 1-inch warm oil to soften. Tightly roll a couple of forkfuls of chicken up in the tortillas.
- Place seam side down and bake 12 minutes.

- Heat a sauce pot over medium heat and add 1 tablespoon extra-virgin olive oil, red onion and garlic and soften 5 minutes then season with sugar, chili powder, cumin, cinnamon, salt and pepper and stir in the fire roasted tomatoes. Reduce heat to low and simmer.
- Heat a large skillet over medium-high heat with 2 tablespoons extra-virgin olive oil.
- Add the pork, brown it for 2 minutes then add in zucchini, garlic, chipotle in adobo and salt. Cook for about 7 to 8 minutes more.
- Heat the last tablespoon of extra-virgin olive oil in a small nonstick skillet.
- Add the black beans and mash with a fork. Season the beans with salt and fry until crisp at edges, about 3 to 4 minutes.
- Soften tortillas in microwave or in hot oven. On each tortilla pile a little refried black beans, cheese, pork and lettuce. Tuck in the sides then wrap and roll the tortilla.

Nutrition Facts



Properties

Glycemic Index:46.2, Glycemic Load:16.52, Inflammation Score:-8, Nutrition Score:29.182608599248%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 876.81kcal (43.84%), Fat: 47.04g (72.37%), Saturated Fat: 16.33g (102.05%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 52.65g (19.15%), Sugar: 7.15g (7.94%), Cholesterol: 143.16mg (47.72%), Sodium: 1305.79mg (56.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.83g (99.66%), Vitamin B1: 1.05mg (70.06%), Phosphorus: 600.19mg (60.02%), Selenium: 40.18µg (57.4%), Fiber: 11.58g (46.34%), Calcium: 412.2mg (41.22%), Vitamin B3: 7.35mg (36.73%), Vitamin B2: 0.6mg (35.53%), Manganese: 0.71mg (35.44%), Iron: 6.3mg (35.01%), Folate: 124.76µg (31.19%), Vitamin B6: 0.61mg (30.37%), Zinc: 4.09mg (27.24%), Magnesium: 98.19mg (24.55%), Vitamin A: 1172.99IU (23.46%), Potassium: 771.4mg (22.04%), Vitamin K: 22.61µg (21.53%), Vitamin C: 14.03mg (17%), Copper: 0.33mg (16.6%), Vitamin E: 2.2mg (14.66%), Vitamin B12: 0.83µg (13.83%), Vitamin B5: 0.99mg (9.85%), Vitamin D: 0.17µg (1.13%)