



Potato, Chorizo, and Green Chile Burritos

READY IN



36 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces mexican chorizo raw
- 4 8-inch flour tortillas whole-wheat ()
- 1 tablespoon cilantro leaves fresh chopped
- 2 teaspoons juice of lime fresh
- 2 teaspoons olive oil
- 0.3 cup poblano chile thinly sliced
- 0.5 cup queso fresco crumbled
- 10 ounce potatoes red cut into 1/2-inch cubes
- 0.1 teaspoon salt

- 1 cup tomatoes chopped
- 1 cup onion white chopped
- 2 tablespoons onion diced white

Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Place the red potatoes in a saucepan, and cover with cold water. Bring to a boil.
- Remove the pan from heat, and let stand for 5 minutes.
- Drain; pat potatoes dry with paper towels.
- Combine 1 cup tomato, 2 tablespoons onion, cilantro, and lime juice.
- Heat a large skillet over medium-high heat.
- Add the chorizo; cook for 3 minutes, stirring to crumble.
- Add 1 cup onion and poblano to pan; cook 2 minutes or until onion is tender and chorizo is done, stirring frequently.
- Remove the chorizo mixture from pan.
- Add oil to pan, and swirl to coat.
- Add potatoes; cook for 8 minutes or until lightly browned, stirring occasionally.
- Remove pan from heat. Stir in chorizo mixture and salt.
- Heat the tortillas according to package directions. Divide the potato mixture evenly among tortillas, and top evenly with salsa and cheese.
- Roll up each burrito, jelly-roll fashion.
- Heat a large nonstick skillet over medium heat.
- Add 2 burritos to pan, seam side down; cook 1 minute on each side or until browned.

Nutrition Facts



■ PROTEIN 18.09% ■ FAT 53.45% ■ CARBS 28.46%

Properties

Glycemic Index:40.5, Glycemic Load:1.35, Inflammation Score:-6, Nutrition Score:8.7934781883074%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 265.62kcal (13.28%), Fat: 15.77g (24.26%), Saturated Fat: 6.11g (38.17%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 16.14g (5.87%), Sugar: 4.5g (5%), Cholesterol: 37.1mg (12.37%), Sodium: 204.57mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.02%), Vitamin C: 25.29mg (30.65%), Potassium: 524.97mg (15%), Phosphorus: 130.39mg (13.04%), Manganese: 0.26mg (12.97%), Vitamin A: 644.97IU (12.9%), Vitamin B6: 0.25mg (12.44%), Fiber: 2.75g (10.99%), Calcium: 109.54mg (10.95%), Iron: 1.66mg (9.21%), Magnesium: 30.69mg (7.67%), Copper: 0.15mg (7.64%), Folate: 29.96µg (7.49%), Vitamin K: 7.8µg (7.43%), Vitamin B1: 0.11mg (7.41%), Vitamin B3: 1.21mg (6.03%), Selenium: 4.14µg (5.92%), Zinc: 0.81mg (5.41%), Vitamin B2: 0.07mg (4.31%), Vitamin B12: 0.26µg (4.27%), Vitamin E: 0.62mg (4.15%), Vitamin B5: 0.36mg (3.63%), Vitamin D: 0.41µg (2.74%)