



## Potato, Poblano, and Chorizo Tacos

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.8 cup chicken stock see unsalted
- ☐ 3 ounces chorizo raw
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 cup ears corn fresh
- ☐ 5 garlic clove minced
- ☐ 0.3 cup spring onion sliced
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.4 teaspoon kosher salt
- ☐ 8 lime wedges
- ☐ 0.3 cup manchego cheese shredded
- ☐ 1 cup onion chopped
- ☐ 2 poblano pepper
- ☐ 2 cups potatoes diced white

## Equipment

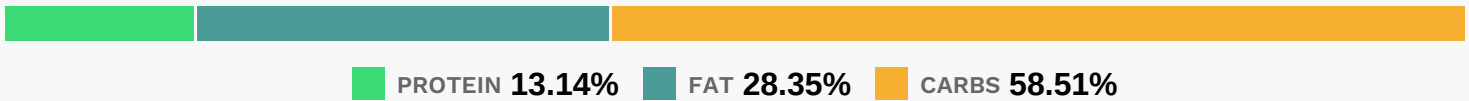
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

## Directions

- ☐ Preheat broiler to high.
- ☐ Cut poblanos in half lengthwise; discard seeds and membranes.
- ☐ Place poblano halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 8 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 5 minutes. Peel; coarsely chop.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add potato; cook 5 minutes, stirring occasionally.
- ☐ Remove potato; place in a large bowl.
- ☐ Add onion to pan; cook 3 minutes.
- ☐ Add poblano, corn, red pepper, and garlic; cook 2 minutes, stirring frequently.
- ☐ Add onion mixture to potato.

- ☐
- Add chorizo to pan; cook 1 1/2 minutes, stirring to crumble. Return potato mixture to pan. Stir in stock and salt; bring to a boil. Partially cover, reduce heat, and simmer 6 minutes or until potato is tender, chorizo is done, and liquid almost evaporates.
- ☐
- Working with 1 tortilla at a time, heat tortillas over medium-high heat directly on the eye of a burner for about 15 seconds on each side or until lightly charred. Arrange about 1/3 cup potato mixture in center of each tortilla; top with 1 1/2 teaspoons onions and 1 1/2 teaspoons cheese.
- ☐
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:81.31, Glycemic Load:27.52, Inflammation Score:-8, Nutrition Score:20.494347924772%

Flavonoids

Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg

Nutrients (% of daily need)

Calories: 420.29kcal (21.01%), Fat: 13.83g (21.28%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 54.68g (19.88%), Sugar: 8.28g (9.2%), Cholesterol: 22.2mg (7.4%), Sodium: 367.14mg (15.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.84%), Vitamin C: 89.53mg (108.52%), Vitamin B6: 0.77mg (38.63%), Fiber: 9.56g (38.24%), Phosphorus: 313.33mg (31.33%), Manganese: 0.61mg (30.56%), Potassium: 972.7mg (27.79%), Magnesium: 94.26mg (23.56%), Vitamin K: 22.77µg (21.69%), Vitamin B1: 0.29mg (19.31%), Vitamin B3: 3.85mg (19.24%), Copper: 0.35mg (17.34%), Calcium: 172.5mg (17.25%), Iron: 2.92mg (16.23%), Folate: 59.61µg (14.9%), Vitamin A: 514.93IU (10.3%), Vitamin B2: 0.17mg (10.25%), Zinc: 1.51mg (10.06%), Vitamin B5: 0.88mg (8.8%), Selenium: 5.65µg (8.08%), Vitamin E: 1.17mg (7.81%)