



Simple Chorizo



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



15

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

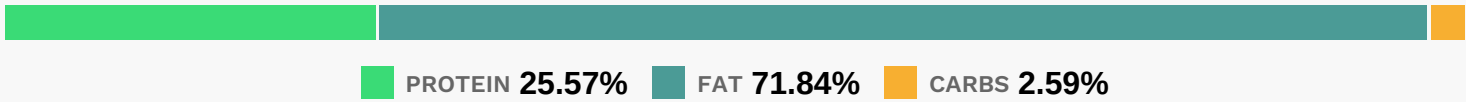
- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 1 pound ground pork
- ☐ 1 teaspoon oregano dried
- ☐ 2 teaspoons pepper dried red crushed
- ☐ 1.3 teaspoons salt

Equipment

Directions

☐ Combine all ingredients, stirring to combine. Store in refrigerator up to 3 days, or freeze up to 1 month.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:3.3173913061619%

Nutrients (% of daily need)

Calories: 81.82kcal (4.09%), Fat: 6.48g (9.97%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.03g (0.03%), Cholesterol: 21.77mg (7.26%), Sodium: 215.23mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Vitamin B1: 0.22mg (14.87%), Selenium: 7.57µg (10.81%), Vitamin B3: 1.36mg (6.78%), Vitamin B6: 0.13mg (6.28%), Phosphorus: 54.9mg (5.49%), Zinc: 0.69mg (4.62%), Vitamin B2: 0.08mg (4.41%), Vitamin B12: 0.21µg (3.53%), Manganese: 0.06mg (2.78%), Potassium: 97.06mg (2.77%), Iron: 0.4mg (2.25%), Vitamin B5: 0.21mg (2.08%), Magnesium: 7.12mg (1.78%), Vitamin A: 84.06IU (1.68%), Fiber: 0.32g (1.26%), Vitamin K: 1.18µg (1.12%), Calcium: 10.67mg (1.07%)