



Taquitos o Flautas de Pollo (Chicken Taquitos or Flautas)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado (with lime juice and salt) pitted sliced
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon chili powder
- ☐ 12 corn tortillas soft
- ☐ 0.3 cup cream cheese
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic powder

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup onion grated
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 cup queso fresco crumbled
- ☐ 4 servings salsa
- ☐ 4 servings salt and pepper
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 1 teaspoon tomato paste
- ☐ 0.5 cup tomato purée
- ☐ 4 servings vegetable oil for frying

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil

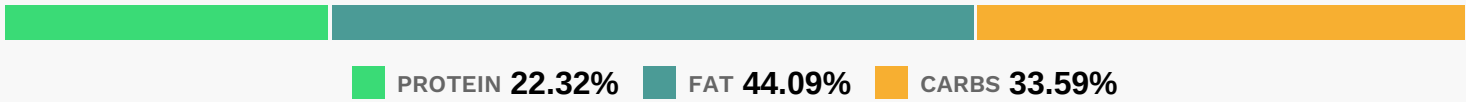
Directions

- ☐ eat the butter in a saucepan add the onion and cook for about 5 minutes.
- ☐ Add the tomato puree, garlic powder, cumin, chili powder, tomato paste, cilantro and oregano. Stir and cook for two minutes more.
- ☐ Add the shredded chicken. Season with salt and pepper, cook for about 3 to 5 minutes.eat the tortillas on a nonstick skillet or oven, then wrap them in aluminum foil to keep them warm.o assemble: spread one tortilla with cream cheese, then top with about 2 tablespoons of the chicken mixture, roll and secure with a toothpick. Process with the remaining tortillas.
- ☐ Heat the vegetable oil in a large skillet and when oil is hot, place about three to four flautas into the oil, and cook for about 1 minute on each side.
- ☐ Drain the flautas on paper towels.

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Remove the toothpicks and serve warm with avocado slices, queso fresco and salsa.

Nutrition Facts



Properties

Glycemic Index:61.63, Glycemic Load:15.91, Inflammation Score:-8, Nutrition Score:20.316521789717%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 531.35kcal (26.57%), Fat: 26.52g (40.8%), Saturated Fat: 11.64g (72.75%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 38.7g (14.07%), Sugar: 6.11g (6.79%), Cholesterol: 100.18mg (33.39%), Sodium: 827.65mg (35.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.4%), Phosphorus: 554.65mg (55.47%), Selenium: 30.46µg (43.52%), Vitamin B3: 7.68mg (38.4%), Vitamin B6: 0.64mg (31.91%), Calcium: 290.56mg (29.06%), Fiber: 6.76g (27.05%), Magnesium: 97.8mg (24.45%), Zinc: 3.25mg (21.67%), Vitamin A: 1075.1IU (21.5%), Manganese: 0.42mg (21.23%), Potassium: 672.73mg (19.22%), Vitamin B2: 0.3mg (17.74%), Iron: 3mg (16.64%), Copper: 0.31mg (15.71%), Vitamin E: 2.03mg (13.56%), Vitamin B12: 0.76µg (12.72%), Vitamin B5: 1.24mg (12.45%), Vitamin K: 12.88µg (12.26%), Vitamin B1: 0.17mg (11.43%), Vitamin C: 8.44mg (10.23%), Folate: 22.28µg (5.57%), Vitamin D: 0.82µg (5.49%)