



Taquitos with Creamy Jalapeño Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups cabbage shredded finely
- 7 oz pickled jalapeños and carrots undrained canned
- 24 6-inch corn tortillas warmed ()
- 0.7 cup knudsen cream sour
- 0.3 cup real mayo mayonnaise kraft
- 30 servings oil for frying
- 0.3 cup onions finely chopped
- 3 cups refried beans

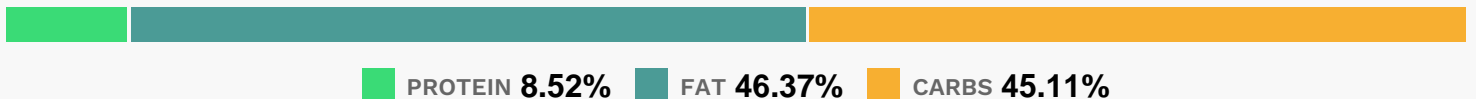
Equipment

- bowl
- frying pan
- paper towels
- oven
- toothpicks

Directions

- Heat oven to 250F.
- Drain jalapeos and carrots, reserving liquid.
- Pour reserved liquid over cabbage in large bowl; toss lightly. Refrigerate until ready to use.
- Chop jalapeos and carrots; place in medium bowl.
- Add sour cream, mayo and onions; mix well. Refrigerate until ready to use.
- Heat 1 inch of oil in large skillet to 375F.
- Spread 2 Tbsp. beans onto each tortilla; roll up tightly. Secure with wooden toothpicks.
- Add, in batches, to skillet; cook 2 to 3 min. or until golden brown, turning occasionally.
- Remove from skillet; drain on paper towels. Discard toothpicks. Keep warm in oven until all taquitos are fried.
- Place taquitos on large platter; surround with cabbage mixture.
- Serve topped with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:5.1, Inflammation Score:-7, Nutrition Score:4.8034782752233%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 120.14kcal (6.01%), Fat: 6.28g (9.66%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 10.85g (3.95%), Sugar: 1.81g (2.01%), Cholesterol: 4.06mg (1.35%), Sodium: 171.9mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Vitamin A: 1172.63IU (23.45%), Vitamin K: 17.65µg (16.81%), Fiber: 2.88g (11.54%), Phosphorus: 76.19mg (7.62%), Vitamin C: 5.69mg (6.9%), Manganese: 0.1mg (5.13%), Vitamin E: 0.71mg (4.76%), Magnesium: 18.16mg (4.54%), Calcium: 38.32mg (3.83%), Vitamin B6: 0.08mg (3.82%), Iron: 0.57mg (3.17%), Potassium: 93.14mg (2.66%), Vitamin B1: 0.03mg (2.3%), Folate: 9.09µg (2.27%), Zinc: 0.34mg (2.25%), Selenium: 1.57µg (2.25%), Vitamin B3: 0.42mg (2.08%), Copper: 0.04mg (1.99%), Vitamin B2: 0.03mg (1.91%)