



HEALTH SCORE

74%

Taquitos With Pork Picadillo



Gluten Free



Very Healthy

READY IN



27 min.

SERVINGS



8

CALORIES



2219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound fatty pork cooked chopped
- ☐ 60 2-inch corn tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 3 jalapeño peppers seeded chopped
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon pepper

- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup tomato paste
- ☐ 2 tablespoons vegetable oil divided
- ☐ 8 servings vegetable oil

Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat corn tortillas according to package directions.
- ☐ Cut tortillas into circles with a 3-inch cutter. Put tortilla circles on a plate, and cover with a towel; set aside.
- ☐ Cook pork in a large nonstick skillet in 1 tablespoon hot vegetable oil over medium heat 5 minutes or until lightly browned, stirring constantly.
- ☐ Remove pork from pan, and drain on paper towels. Wipe skillet clean.
- ☐ Saut onion, garlic, and peppers in remaining 1 tablespoon hot oil over medium-high heat 3 to 4 minutes or until onion is tender. Stir in pork, tomato paste, vinegar, pepper, and salt; cook, stirring occasionally, 2 to 3 minutes.
- ☐ Remove from heat, and stir in cilantro.
- ☐ Spoon 2 tablespoons pork mixture evenly down center of each tortilla circle; top evenly with cheese.
- ☐ Roll up, and secure with a wooden pick.
- ☐ Pour vegetable oil to depth of 1 1/2 inches into a large heavy skillet. Fry taquitos, in batches, in hot oil (35
- ☐ over medium-high heat 1 to 2 minutes or until golden brown.
- ☐ Remove wooden picks, and serve immediately.
- ☐ *1 pound of chopped or shredded pork (without sauce) from your favorite barbecue restaurant can be used.

Nutrition Facts



PROTEIN 11.72% FAT 21.11% CARBS 67.17%

Properties

Glycemic Index:34.44, Glycemic Load:166.46, Inflammation Score:-10, Nutrition Score:56.559129922286%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 2219.13kcal (110.96%), Fat: 53.83g (82.81%), Saturated Fat: 11.97g (74.84%), Carbohydrates: 385.3g (128.43%), Net Carbohydrates: 330.6g (120.22%), Sugar: 9.41g (10.46%), Cholesterol: 63.64mg (21.21%), Sodium: 724.19mg (31.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.26g (134.51%), Phosphorus: 2888.62mg (288.86%), Fiber: 54.69g (218.76%), Magnesium: 637.6mg (159.4%), Manganese: 2.91mg (145.7%), Selenium: 76.17µg (108.81%), Vitamin B6: 2.14mg (106.98%), Zinc: 14.09mg (93.95%), Calcium: 819.94mg (81.99%), Vitamin B1: 1.18mg (78.59%), Vitamin B3: 15.61mg (78.04%), Copper: 1.44mg (71.95%), Iron: 11.85mg (65.84%), Potassium: 1928.96mg (55.11%), Vitamin B2: 0.84mg (49.63%), Vitamin K: 36.3µg (34.57%), Vitamin E: 4.55mg (30.37%), Vitamin B5: 1.39mg (13.91%), Folate: 53.55µg (13.39%), Vitamin C: 10.02mg (12.14%), Vitamin B12: 0.61µg (10.09%), Vitamin A: 347.04IU (6.94%), Vitamin D: 0.65µg (4.35%)