



Almost-Famous Chimichangas

READY IN



60 min.

SERVINGS



4

CALORIES



902 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons chili powder
- ☐ 4 10-inch flour tortillas
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings mexi-sauce for topping (see below)
- ☐ 1 jalapeno diced for less heat (remove seeds)
- ☐ 4 servings kosher salt

- ☐ 4 servings lettuce shredded for topping
- ☐ 1 cup monterrey jack cheese shredded plus more for topping
- ☐ 15 ounce refried beans canned
- ☐ 4 servings mexican rice for serving
- ☐ 2.5 cups rotisserie chicken cut shredded
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 small tomatoes plus more for topping chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 4 tablespoons vegetable oil
- ☐ 1 onion white chopped

Equipment

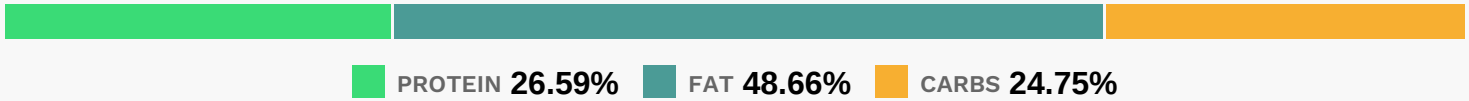
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 450 degrees F. Melt the butter with 2 tablespoons vegetable oil in a skillet; transfer to a bowl.
- ☐ Heat the remaining 2 tablespoons oil in the skillet.
- ☐ Add the onion, garlic and jalapeno and cook until soft, about 3 minutes.
- ☐ Add the chili powder, cumin, cinnamon and 1 teaspoon salt; toast 30 seconds.
- ☐ Add the tomato and cilantro and cook until slightly dry, about 2 minutes. Stir in the chicken and sour cream and warm through.
- ☐ Remove from the heat.
- ☐ Brush a rimmed baking sheet with some of the butter-oil mixture.
- ☐ Spread 2 tablespoons refried beans down the center of each tortilla, leaving a 2-inch border on both ends. Top with 1 cup chicken mixture and 1/4 cup cheese. Fold in the ends and roll up.

- ☐ Put the chimichangas seam-side down on the baking sheet; brush with the butter-oil mixture.
- ☐ Bake 8 to 10 minutes per side, brushing again after you flip. Top with the sauce, more cheese, lettuce and tomato.
- ☐ Serve with rice and the remaining beans.
- ☐ Saute 1/2 cup chopped onion and 2 chopped garlic cloves in a skillet with vegetable oil.
- ☐ Add a pinch each of chili powder, cumin, sugar and salt; cook 30 seconds. Stir in two 4-ounce cans chopped green chiles (drained and rinsed); cook 2 minutes.
- ☐ Add 1 cup chicken broth and simmer until thickened, then puree. Stir in 1/4 cup chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:90.55, Glycemic Load:15.77, Inflammation Score:-8, Nutrition Score:20.257825835891%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 901.95kcal (45.1%), Fat: 48.69g (74.91%), Saturated Fat: 17.83g (111.46%), Carbohydrates: 55.72g (18.57%), Net Carbohydrates: 46.48g (16.9%), Sugar: 9.9g (11%), Cholesterol: 190.63mg (63.54%), Sodium: 2044.6mg (88.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.88g (119.76%), Vitamin K: 56.97µg (54.26%), Calcium: 399.93mg (39.99%), Fiber: 9.24g (36.96%), Phosphorus: 322.65mg (32.26%), Manganese: 0.62mg (30.98%), Selenium: 21.19µg (30.27%), Vitamin A: 1484.15IU (29.68%), Vitamin B1: 0.43mg (28.49%), Folate: 107.86µg (26.97%), Iron: 4.57mg (25.36%), Vitamin B2: 0.38mg (22.46%), Vitamin B3: 3.59mg (17.96%), Vitamin C: 12.71mg (15.41%), Vitamin E: 2.12mg (14.15%), Potassium: 389.16mg (11.12%), Vitamin B6: 0.22mg (10.99%), Zinc: 1.58mg (10.54%), Magnesium: 39.59mg (9.9%), Copper: 0.15mg (7.66%), Vitamin B12: 0.28µg (4.61%), Vitamin B5: 0.41mg (4.08%), Vitamin D: 0.27µg (1.83%)