



Apple Chimichangas

READY IN



30 min.

SERVINGS



4

CALORIES



588 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large apples with skin and cut in thin slices cored
- ☐ 0.3 cup butter
- ☐ 4 flour tortillas
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 large pears with skin and cut in thin slices cored very ripe
- ☐ 0.3 cup sugar
- ☐ 0.3 cup tequila
- ☐ 4 servings whipped cream
- ☐ 1 cup vegetable oil

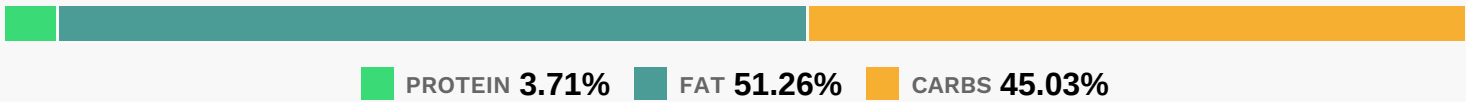
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ toothpicks

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a heavy medium skillet over medium heat and melt butter.
- ☐ Add sugar and cinnamon and continue cooking until browned, about 4 to 5 minutes.
- ☐ Add apples and pears and cook until slightly softened, another 6 minutes.
- ☐ Add tequila and continue cooking until browned, another 5 to 7 minutes.
- ☐ Place 1 tortilla on a plate, and spoon about 1/6th of the apple/pear mixture into the center.
- ☐ Roll them and tuck the ends, egg-roll style, and secure them with toothpicks.
- ☐ In another skillet, heat vegetable oil over medium heat until a drop of water sizzles and pops in the oil, about 350 degrees F, and fry each chimichanga until browned and crispy, about 2 to 3 minutes per side.
- ☐ Transfer them to a plate lined with paper towels to drain.
- ☐ Remove the toothpicks and cut in half.
- ☐ Serve hot, topping with a scoop of the vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:75.96, Glycemic Load:30.14, Inflammation Score:-6, Nutrition Score:9.8591304810151%

Flavonoids

Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg

Epicatechin: 6.36mg, Epicatechin: 6.36mg, Epicatechin: 6.36mg, Epicatechin: 6.36mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 588.32kcal (29.42%), Fat: 32.3g (49.69%), Saturated Fat: 14.34g (89.64%), Carbohydrates: 63.84g (21.28%), Net Carbohydrates: 58.94g (21.43%), Sugar: 43.16g (47.96%), Cholesterol: 59.54mg (19.85%), Sodium: 366.32mg (15.93%), Alcohol: 5.01g (100%), Alcohol %: 2.05% (100%), Protein: 5.26g (10.52%), Vitamin K: 27.31µg (26.01%), Fiber: 4.9g (19.59%), Vitamin B2: 0.28mg (16.54%), Phosphorus: 148.46mg (14.85%), Manganese: 0.29mg (14.56%), Calcium: 145.38mg (14.54%), Vitamin A: 678.36IU (13.57%), Vitamin B1: 0.2mg (13.07%), Selenium: 8.19µg (11.7%), Vitamin E: 1.6mg (10.66%), Folate: 37.65µg (9.41%), Potassium: 301.39mg (8.61%), Vitamin B3: 1.56mg (7.8%), Iron: 1.38mg (7.67%), Vitamin C: 5.45mg (6.61%), Magnesium: 23.24mg (5.81%), Copper: 0.11mg (5.73%), Vitamin B5: 0.51mg (5.12%), Zinc: 0.72mg (4.83%), Vitamin B12: 0.28µg (4.69%), Vitamin B6: 0.09mg (4.51%)