



Baked Chimichangas

READY IN



45 min.

SERVINGS



12

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce chiles green chopped canned
- 2 tablespoons chili powder
- 12 10-inch flour tortillas ()
- 2 cloves garlic minced
- 0.5 cup green onions sliced
- 0.5 teaspoon ground cumin
- 0.3 teaspoon hot sauce
- 12 cups iceberg lettuce shredded
- 4 ounces monterrey jack cheese shredded reduced-fat

- 0.8 cup commercial no-salt-added salsa
- 0.8 cup nonfat cream alternative sour
- 0.5 teaspoon oregano dried whole
- 2 pounds fatty pork boneless lean
- 8 ounce no-salt-added tomato sauce canned
- 2 cups water
- 2 tablespoons vinegar white

Equipment

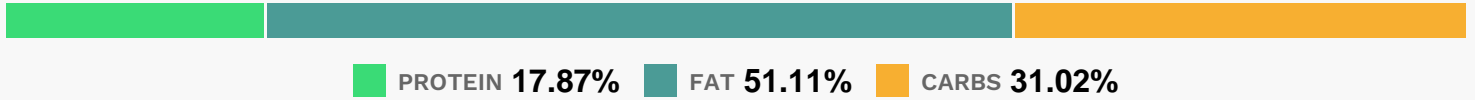
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Trim fat from pork; cut pork into 2-inch pieces.
- Combine pork, water, and next 5 ingredients in a saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Uncover; cook over medium-low heat 1 hour or until liquid evaporates.
- Remove from heat; shred meat with 2 forks. Stir in tomato sauce, chiles, cheese, and green onions.
- Wrap tortillas in aluminum foil; heat at 350 for 15 minutes. Working with 1 tortilla at a time, coat both sides of tortilla with cooking spray. Spoon about 1/3 cup meat mixture just below center of tortilla. Fold over left and right sides of tortilla to partially enclose filling. Fold remaining edges to form a rectangle, and secure with a wooden pick. Repeat procedure with remaining tortillas and meat mixture.
- Place filled tortillas on an ungreased baking sheet.
- Bake at 425 for 20 minutes or until crisp.
- Remove wooden picks.
- Place 1 cup lettuce on each of 12 plates; top with chimichangas.

Combine sour cream and hot sauce. Top each chimichanga with sour cream mixture and salsa.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:11.79, Inflammation Score:-8, Nutrition Score:24.622174091961%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 578.8kcal (28.94%), Fat: 33.17g (51.03%), Saturated Fat: 11.52g (72%), Carbohydrates: 45.29g (15.1%), Net Carbohydrates: 40.1g (14.58%), Sugar: 6.69g (7.43%), Cholesterol: 64.14mg (21.38%), Sodium: 798.55mg (34.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.19%), Vitamin B1: 0.98mg (65.28%), Selenium: 37.6µg (53.72%), Vitamin B3: 9.03mg (45.14%), Phosphorus: 413.63mg (41.36%), Manganese: 0.75mg (37.36%), Vitamin K: 33.77µg (32.16%), Vitamin B2: 0.51mg (30.28%), Folate: 117.84µg (29.46%), Vitamin B6: 0.51mg (25.52%), Iron: 4.55mg (25.25%), Calcium: 239.92mg (23.99%), Fiber: 5.19g (20.77%), Zinc: 3.04mg (20.28%), Vitamin A: 1009.33IU (20.19%), Magnesium: 73mg (18.25%), Potassium: 631.19mg (18.03%), Vitamin E: 2.44mg (16.29%), Copper: 0.25mg (12.3%), Vitamin B12: 0.65µg (10.85%), Vitamin C: 8.12mg (9.84%), Vitamin B5: 0.96mg (9.61%)