



Bean-and-Cheese Chimichangas

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 10-inch flour tortillas ()
- 4 servings lettuce shredded
- 4 ounces monterrey jack cheese shredded
- 16 ounce refried beans canned
- 0.3 cup salsa
- 4 servings toppings: salsa sour
- 1 tablespoon taco seasoning
- 2 cups vegetable oil

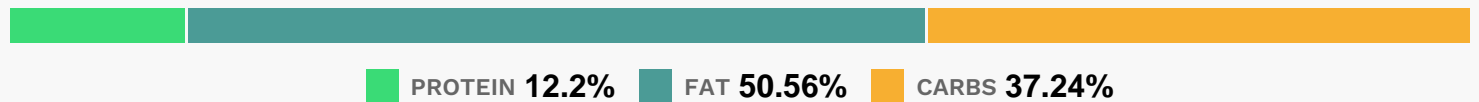
Equipment

- frying pan
- baking sheet
- paper towels
- oven

Directions

- Stir together first 4 ingredients. Stir in rice, if desired.
- Place 1/3 cup mixture just below center of each tortilla. Fold opposite sides of tortillas over filling, forming rectangles; secure with picks.
- Pour oil into a large skillet; heat to 32
- Fry, in batches, 4 to 5 minutes on each side or until lightly browned.
- Drain on paper towels.
- Remove picks; arrange on lettuce.
- Serve with toppings and Hominy Ole, if desired.
- Note: To serve 4 or 6, double all ingredients, and process as directed. To bake, place on a baking sheet, and coat both sides with cooking spray.
- Bake at 425 for 8 minutes; turn chimichangas, and bake 5 more minutes.
- Remove picks.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:17.14, Inflammation Score:-8, Nutrition Score:21.158695837726%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg,

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Nutrients (% of daily need)

Calories: 671.38kcal (33.57%), Fat: 37.61g (57.86%), Saturated Fat: 11.32g (70.76%), Carbohydrates: 62.31g (20.77%), Net Carbohydrates: 52.33g (19.03%), Sugar: 10.14g (11.26%), Cholesterol: 25.23mg (8.41%), Sodium: 1877.51mg (81.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.85%), Vitamin K: 70.8µg (67.43%), Calcium: 407.71mg (40.77%), Fiber: 9.98g (39.91%), Selenium: 24.2µg (34.56%), Phosphorus: 341.1mg (34.11%), Vitamin B1: 0.5mg (33.31%), Manganese: 0.61mg (30.36%), Folate: 115.31µg (28.83%), Iron: 5.04mg (27.99%), Vitamin B2: 0.4mg (23.34%), Vitamin B3: 4.6mg (23.02%), Vitamin A: 1075.14IU (21.5%), Vitamin E: 2.67mg (17.81%), Potassium: 396.29mg (11.32%), Zinc: 1.56mg (10.37%), Magnesium: 41.18mg (10.3%), Vitamin B6: 0.21mg (10.29%), Copper: 0.16mg (7.86%), Vitamin C: 3.79mg (4.6%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.17µg (1.13%)