



Beef and Bean Chimichangas

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter melted
- 2 teaspoons chili powder
- 8 12-inch flour tortillas ()
- 1 teaspoon garlic salt
- 0.8 cup bell pepper diced green
- 1 teaspoon ground cumin
- 2 cups taco sauce
- 1 pound ground beef lean

- 8 servings lettuce shredded
- 16 ounce monterrey jack cheese shredded
- 0.8 cup onion chopped
- 16 ounce refried beans canned
- 1 tomatoes diced
- 1.5 cups kernel corn whole

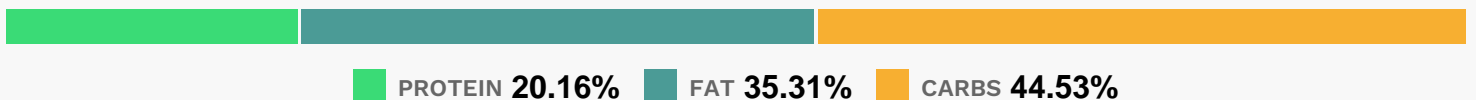
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Brown the ground beef in a skillet over medium-high heat.
- Drain excess grease, and add the onion, bell pepper, and corn. Cook for about 5 more minutes, or until vegetables are tender. Stir in the taco sauce, and season with chili powder, garlic salt and cumin, stirring until blended. Cook until heated through, then remove from heat, and set aside.
- Open the can of beans, and spread a thin layer of beans onto each of the tortillas. Spoon the beef mixture down the center, and then top with as much shredded cheese as you like.
- Roll up the tortillas, and place them seam-side down onto a baking sheet.
- Brush the tortillas with melted butter.
- Bake for 30 to 35 minutes in the preheated oven, or until golden brown.
- Serve with lettuce and tomato.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:20.38, Inflammation Score:-8, Nutrition Score:30.573478429214%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 807.88kcal (40.39%), Fat: 31.33g (48.19%), Saturated Fat: 16.45g (102.79%), Carbohydrates: 88.89g (29.63%), Net Carbohydrates: 80.58g (29.3%), Sugar: 22.76g (25.29%), Cholesterol: 89.38mg (29.79%), Sodium: 2619.53mg (113.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.24g (80.47%), Phosphorus: 642.18mg (64.22%), Calcium: 640.77mg (64.08%), Selenium: 43.81µg (62.58%), Vitamin B1: 0.67mg (44.62%), Vitamin B3: 8.78mg (43.91%), Folate: 160.94µg (40.23%), Iron: 7.21mg (40.05%), Vitamin B2: 0.68mg (39.84%), Manganese: 0.77mg (38.68%), Zinc: 5.51mg (36.73%), Fiber: 8.32g (33.27%), Vitamin K: 34.22µg (32.59%), Vitamin B12: 1.74µg (29.06%), Vitamin A: 1305.07IU (26.1%), Vitamin B6: 0.44mg (22.24%), Vitamin C: 17.44mg (21.14%), Potassium: 640.2mg (18.29%), Magnesium: 68.48mg (17.12%), Copper: 0.24mg (12.14%), Vitamin B5: 0.8mg (8.03%), Vitamin E: 0.84mg (5.62%), Vitamin D: 0.4µg (2.65%)