

Beef Chimichangas



Gluten Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 7-inch corn tortillas ()
- ☐ 1 clove garlic minced
- ☐ 4 ounce chilies green chopped canned
- ☐ 1 pound ground beef
- ☐ 0.3 cup butter
- ☐ 1 small onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup cheddar cheese shredded

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.5 teaspoon taco seasoning to taste
- ☐ 2 tablespoons distilled vinegar white

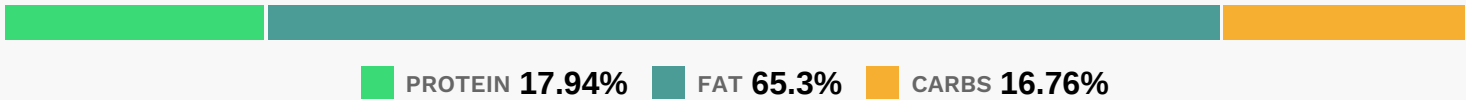
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Brown the ground beef, onion, garlic, taco seasoning, and oregano in a skillet over medium heat, breaking the meat up into crumbles as it cooks, about 8 minutes.
- ☐ Drain off excess fat. Stir in sour cream, chilies, and vinegar until well mixed.
- ☐ Remove from heat, and mix in the Cheddar cheese.
- ☐ Melt margarine in a small skillet over low heat. When melted, dip each tortilla into the margarine for about 30 seconds, or until soft.
- ☐ Place the softened tortilla onto a baking sheet, and fill with about 1/3 cup of the meat mixture. Fold the right and left sides of the tortilla over the filling, then the top and bottom, making an envelope that completely encloses the filling. Flip the tortilla seam side down on the baking sheet. Repeat with remaining tortillas and filling.
- ☐ Bake in the preheated oven until the tortilla is crisp, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:6.8, Inflammation Score:-7, Nutrition Score:12.591739198436%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 440.15kcal (22.01%), Fat: 31.97g (49.18%), Saturated Fat: 12.12g (75.78%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 15.4g (5.6%), Sugar: 1.83g (2.03%), Cholesterol: 78.16mg (26.05%), Sodium: 345.18mg (15.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.76g (39.52%), Phosphorus: 323.64mg (32.36%), Vitamin B12: 1.85µg (30.78%), Zinc: 4.35mg (29%), Selenium: 19.21µg (27.44%), Calcium: 195.24mg (19.52%), Vitamin B3: 3.74mg (18.72%), Vitamin B6: 0.36mg (17.9%), Vitamin B2: 0.24mg (14.2%), Fiber: 3.05g (12.22%), Vitamin A: 594.13IU (11.88%), Iron: 2.07mg (11.48%), Magnesium: 45.18mg (11.3%), Potassium: 319.29mg (9.12%), Manganese: 0.16mg (8.05%), Vitamin E: 0.94mg (6.25%), Copper: 0.11mg (5.67%), Vitamin B5: 0.55mg (5.54%), Vitamin B1: 0.08mg (5.25%), Vitamin C: 3.4mg (4.13%), Vitamin K: 4.08µg (3.89%), Folate: 14.59µg (3.65%), Vitamin D: 0.19µg (1.26%)