



Chicken Chimi in the Oven

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound rotisserie chicken breast meat shredded cooked
- ☐ 0.3 cup chili powder
- ☐ 6 10-inch flour tortillas ()
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 tablespoons olive oil divided
- ☐ 0.5 cup onion chopped

- ☐ 1 cup refried beans
- ☐ 2 cups salsa
- ☐ 3 tablespoons water

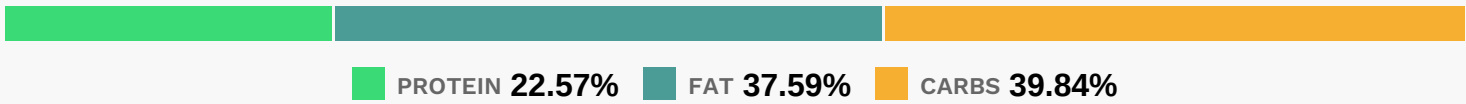
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly grease a medium baking dish.
- ☐ Heat 2 tablespoons oil in a large saucepan over medium heat.
- ☐ Saute onion and garlic in oil until tender. Stir in salsa and water. Season with chili powder, cumin, and cinnamon.
- ☐ Transfer the mixture to a blender or food processor, and blend until smooth. Return mixture to the saucepan, stir in the chicken, and cook until heated through.
- ☐ Spoon an equal amount of refried beans down center of each tortilla, and top with equal amounts of the chicken mixture. Fold tortillas over the filling, and secure with toothpicks. Arrange seam-side down in the prepared baking dish, and brush with the remaining olive oil.
- ☐ Bake 15 minutes in the preheated oven, turning every 5 minutes, until golden brown and crisp.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:12.33, Inflammation Score:-10, Nutrition Score:26.021739265193%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 510.55kcal (25.53%), Fat: 21.57g (33.18%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 51.44g (17.15%), Net Carbohydrates: 41.96g (15.26%), Sugar: 8.19g (9.1%), Cholesterol: 56.7mg (18.9%), Sodium: 1533.66mg (66.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.27%), Vitamin A: 3406.01IU (68.12%), Vitamin B3: 11.2mg (55.99%), Selenium: 37.22µg (53.17%), Vitamin E: 6.17mg (41.16%), Fiber: 9.47g (37.9%), Vitamin B6: 0.74mg (36.98%), Phosphorus: 352.99mg (35.3%), Manganese: 0.69mg (34.64%), Iron: 6.11mg (33.93%), Vitamin B1: 0.46mg (30.88%), Vitamin B2: 0.43mg (25.54%), Vitamin K: 24.85µg (23.67%), Potassium: 703.72mg (20.11%), Folate: 78.4µg (19.6%), Calcium: 189.69mg (18.97%), Magnesium: 61.33mg (15.33%), Zinc: 2.16mg (14.42%), Copper: 0.28mg (14.11%), Vitamin B5: 1.14mg (11.35%), Vitamin C: 3.03mg (3.68%), Vitamin B12: 0.22µg (3.65%)