



Chicken Chimichangas

READY IN



45 min.

SERVINGS



6

CALORIES



1539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 avocados pitted peeled
- ☐ 6 ounce olives black sliced canned
- ☐ 4 cups chicken breast diced divided cooked
- ☐ 1.5 cups chicken broth
- ☐ 0.3 cup jalapeño chile peppers finely chopped
- ☐ 0.5 cup cilantro leaves finely chopped
- ☐ 6 12-inch flour tortillas ()
- ☐ 3 green onions diced
- ☐ 2 tablespoons juice of lemon

- ☐ 2 cups lettuce shredded
- ☐ 1 pound monterrey jack cheese shredded divided
- ☐ 0.5 cup enchilada sauce red
- ☐ 4 cups refried beans divided
- ☐ 1 cup rice long-grain uncooked
- ☐ 2 cups cheddar cheese shredded
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 tomatoes diced
- ☐ 0.3 cup vegetable oil

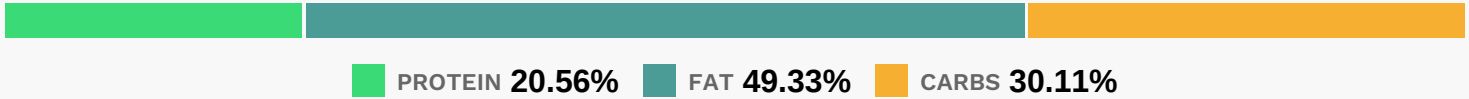
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ In a medium saucepan combine the broth, rice, sauce, and 1 diced onion.
- ☐ Mix and bring to a boil; reduce heat to low and let simmer for about 20 minutes, or until rice is tender.
- ☐ Meanwhile, heat tortillas in a large skillet (so that they are soft enough to fold).
- ☐ When rice mixture is ready, spoon equal amounts of the following onto each tortilla: Chicken, shredded Jack cheese, diced onion, olives, rice mixture and beans.
- ☐ Roll tortillas, tucking in sides to prevent filling from spilling over.
- ☐ Heat oil in a large skillet and fry the filled tortillas, turning, until browned on all sides.
- ☐ Drain on paper towels.
- ☐ Serve: In a medium bowl combine the avocados, cilantro, lemon juice, green onions, chile peppers and tomatoes. Mash together.
- ☐ Place shredded lettuce on a platter, topped with chimichangas, avocado mix, sour cream and shredded Cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:65.7, Glycemic Load:38.37, Inflammation Score:-9, Nutrition Score:52.085217455159%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 1539.34kcal (76.97%), Fat: 84.23g (129.59%), Saturated Fat: 34g (212.48%), Carbohydrates: 115.68g (38.56%), Net Carbohydrates: 95.71g (34.8%), Sugar: 13.92g (15.47%), Cholesterol: 208.07mg (69.36%), Sodium: 3387.28mg (147.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79g (158%), Calcium: 1152.34mg (115.23%), Selenium: 79.86µg (114.09%), Phosphorus: 1090.1mg (109.01%), Vitamin B3: 20.65mg (103.25%), Fiber: 19.97g (79.87%), Vitamin K: 74.74µg (71.19%), Vitamin B2: 1.16mg (67.99%), Folate: 236.15µg (59.04%), Manganese: 1.17mg (58.67%), Vitamin B6: 1.1mg (54.82%), Vitamin B1: 0.8mg (53.35%), Iron: 8.56mg (47.56%), Vitamin A: 2224.47IU (44.49%), Zinc: 6.45mg (43.03%), Vitamin E: 5.2mg (34.66%), Potassium: 1185.34mg (33.87%), Magnesium: 133.47mg (33.37%), Vitamin B5: 3.32mg (33.22%), Copper: 0.54mg (26.9%), Vitamin C: 22.15mg (26.84%), Vitamin B12: 1.44µg (23.94%), Vitamin D: 0.77µg (5.15%)