



Chicken Chimichangas

READY IN



45 min.

SERVINGS



20

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 cups roasted chicken cooked chopped
- 20 8-inch flour tortilla ()
- 2 teaspoons ground cumin
- 20 servings guacamole diced shredded sour
- 1 small onion diced
- 1.5 teaspoons oregano dried
- 16 ounce picante sauce divided
- 1 teaspoon salt
- 12 ounces cheddar cheese shredded

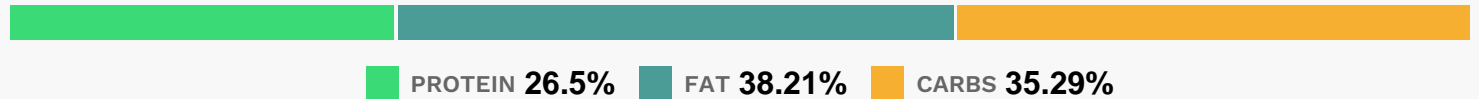
Equipment

- baking sheet
- oven
- dutch oven

Directions

- Combine 1 1/2 cups picante sauce and next 5 ingredients in a Dutch oven; cook over medium-low heat, stirring often, 25 minutes or until most of liquid evaporates. Spoon 1/3 cup mixture below center of each tortilla; top with 2 tablespoons cheese.
- Fold in 2 sides of tortillas to enclose filling. Fold over top and bottom edges of tortillas, making rectangles. Secure with wooden picks.
- Place, folded side down, on greased baking sheets. Coat chimichangas with cooking spray.
- Bake at 425 for 8 minutes; turn and bake 5 more minutes.
- Remove picks; top with remaining picante sauce and desired toppings.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:8.16, Inflammation Score:-5, Nutrition Score:12.653912987398%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 318.01kcal (15.9%), Fat: 13.35g (20.54%), Saturated Fat: 5.67g (35.47%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 25.34g (9.21%), Sugar: 2.98g (3.31%), Cholesterol: 53.76mg (17.92%), Sodium: 788.99mg (34.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.67%), Selenium: 28.48µg (40.69%), Vitamin B3: 6.42mg (32.08%), Phosphorus: 287.06mg (28.71%), Calcium: 212.2mg (21.22%), Vitamin B1: 0.3mg (20.24%), Vitamin B2: 0.3mg (17.75%), Manganese: 0.31mg (15.4%), Iron: 2.77mg (15.38%), Vitamin B6: 0.29mg (14.59%), Folate: 56.72µg (14.18%), Zinc: 1.71mg (11.41%), Fiber: 2.4g (9.62%), Magnesium: 31.28mg (7.82%), Potassium:

263.02mg (7.51%), Vitamin B5: 0.7mg (6.96%), Vitamin A: 306.01IU (6.12%), Vitamin K: 6.2µg (5.9%), Vitamin B12: 0.32µg (5.37%), Copper: 0.11mg (5.37%), Vitamin E: 0.46mg (3.06%)