



Chicken Chimichangas with Chunky Guacamole

READY IN

ready

28 min.

SERVINGS

servings

8

CALORIES

calories

666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted peeled mashed halved
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 8 12-inch flour tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 8 servings chunky guacamole
- ☐ 2 tablespoons juice of lime
- ☐ 8 servings queso fresco crumbled

- ☐ 0.3 cup onion red finely chopped
- ☐ 4 cups roasted chicken shredded
- ☐ 1 cup roma tomatoes chopped
- ☐ 8 servings salsa
- ☐ 8 servings cup heavy whipping cream sour
- ☐ 8 servings vegetable oil for frying

Equipment

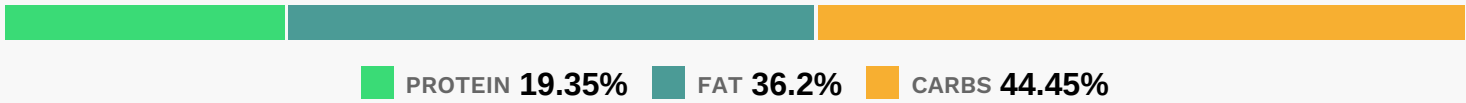
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ toothpicks
- ☐ stove
- ☐ microwave

Directions

- ☐ Combine chicken, black beans, the 1/2 to 1 cup salsa, and cilantro in a large microwave safe bowl; mix well. Cover and microwave on 100 percent power (high) for 1 to 2 minutes or until heated through.
- ☐ Place about 1/2 cup of the chicken mixture just below center of each tortilla. Fold bottom edge of each tortilla up and over filling. Fold opposite sides in and over filling.
- ☐ Roll up and secure with wooden toothpicks.*
- ☐ Heat about 1/2 inch of vegetable oil over medium heat to 365 degrees F in an extra-large skillet. Fry filled tortillas, a few at a time, for 3 to 4 minutes or until golden brown, crispy, and heated through, turning once.
- ☐ Drain on paper towels.
- ☐ Serve chimichangas with Chunky Guacamole, cheese, additional salsa, and sour cream.
- ☐ [Cleaning Tip: Once the stove top is cool, wipe up any oil splatters with Clorox® Disinfecting Wipes**. Rinse hands once complete.]

Combine tomatoes, onion, garlic, and lime juice in a medium bowl. Stir in mashed avocados until desired consistency.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:18.64, Inflammation Score:-8, Nutrition Score:28.939565313899%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 666.39kcal (33.32%), Fat: 26.94g (41.44%), Saturated Fat: 7.51g (46.96%), Carbohydrates: 74.43g (24.81%), Net Carbohydrates: 62.28g (22.65%), Sugar: 7.28g (8.09%), Cholesterol: 60.27mg (20.09%), Sodium: 1322.51mg (57.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.41g (64.82%), Selenium: 44.6µg (63.72%), Vitamin B3: 12.34mg (61.72%), Vitamin B1: 0.76mg (50.37%), Phosphorus: 486.97mg (48.7%), Fiber: 12.15g (48.61%), Folate: 192.76µg (48.19%), Manganese: 0.86mg (43.24%), Iron: 6.54mg (36.32%), Vitamin B2: 0.6mg (35.06%), Vitamin B6: 0.62mg (30.92%), Vitamin K: 29.6µg (28.19%), Potassium: 901.32mg (25.75%), Calcium: 232.66mg (23.27%), Magnesium: 83.86mg (20.96%), Copper: 0.41mg (20.25%), Vitamin B5: 1.83mg (18.3%), Zinc: 2.49mg (16.57%), Vitamin C: 13.19mg (15.99%), Vitamin E: 1.91mg (12.74%), Vitamin A: 624.2IU (12.48%), Vitamin B12: 0.25µg (4.08%)