



Chicken Chimichangas with Sour Cream Sauce

READY IN



65 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 cube chicken bouillon
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 8-inch flour tortillas ()
- ☐ 3 large cloves garlic minced
- ☐ 0.3 teaspoon garlic powder

- ☐ 7 ounce chilies green divided chopped canned
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper black
- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 8 servings oil for frying
- ☐ 0.5 cup onion diced
- ☐ 0.3 teaspoon onion powder
- ☐ 0.5 teaspoon salt
- ☐ 8 servings salt and pepper to taste
- ☐ 2 large chicken breast halves boneless skinless
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 cup water

Equipment

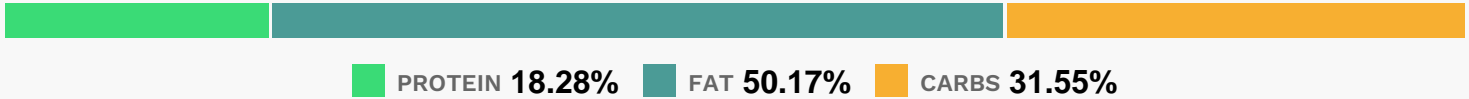
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Place the chicken breasts into a large saucepan.
- ☐ Pour in the water, and season with chili powder, 1/2 teaspoon salt, cumin, 1/4 teaspoon black pepper, garlic powder, onion powder, and cayenne pepper. Bring to a simmer over high heat, then reduce heat to medium-low, and simmer 15 minutes. After 15 minutes, stir in 4 ounces of green chiles, onion, and garlic; continue simmering until the liquid has reduced to 1 cup. Reserve remaining 3 ounces of chopped green chilies.
- ☐ Remove the chicken, shred with two forks, and return to the onion mixture.
- ☐ Meanwhile, melt the butter in a small saucepan over medium heat. Stir in the flour, and cook for 1 minute.

- ☐ Whisk in the water and bouillon cube until the water has thickened and the bouillon cube has dissolved, about 4 minutes.
- ☐ Whisk in reserved 3 ounces of green chilies and the sour cream; season to taste with salt and pepper. Keep warm.
- ☐ Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- ☐ Place a tortilla onto your work surface, then spoon about 1/3 cup of the chicken filling halfway between the bottom edge and the center of the tortilla. Flatten the filling into rectangle shape with the back of a spoon.
- ☐ Sprinkle about 1 ounce of the Monterey Jack cheese over the filling. Fold the bottom of the tortilla snugly over the filling, then fold in the left and right edges.
- ☐ Roll the chimichanga up to the top edge, forming a tight cylinder; secure the ends with wooden toothpicks. Repeat with the remaining ingredients.
- ☐ Cook the chimichangas, 2 at a time, in the hot oil until they are crisp and golden brown on both sides, about 1 minute per side.
- ☐ Drain on a paper towel-lined plate, and remove toothpicks. Top with sour cream sauce to serve.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:9.37, Inflammation Score:-6, Nutrition Score:13.974782565366%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 395.59kcal (19.78%), Fat: 22.04g (33.9%), Saturated Fat: 10.56g (65.99%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 27.92g (10.15%), Sugar: 3.88g (4.31%), Cholesterol: 59.32mg (19.77%), Sodium: 1046.27mg (45.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.14%), Selenium: 26.19µg (37.41%), Calcium: 313.54mg (31.35%), Phosphorus: 313.08mg (31.31%), Vitamin B3: 5.5mg (27.49%), Vitamin B1: 0.31mg (20.51%), Vitamin B2: 0.33mg (19.5%), Manganese: 0.34mg (16.89%), Vitamin B6: 0.32mg (16.06%), Folate: 60.93µg (15.23%), Vitamin A: 715.24IU (14.3%), Iron: 2.57mg (14.29%), Fiber: 3.25g (13%), Zinc: 1.44mg (9.59%), Magnesium: 31.97mg

(7.99%), Vitamin K: 8.15µg (7.76%), Vitamin E: 1.15mg (7.69%), Potassium: 256.17mg (7.32%), Vitamin B5: 0.64mg (6.36%), Vitamin C: 4.59mg (5.57%), Vitamin B12: 0.33µg (5.47%), Copper: 0.1mg (5.01%), Vitamin D: 0.2µg (1.32%)