



Chimichangas

 Popular

READY IN



55 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup knudsen cream sour
- 1 tsp pepper red crushed
- 8 6-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh finely chopped
- 2 cloves garlic minced
- 1 lb ground beef lean
- 2 cups oil
- 0.5 cup onions finely chopped

- 1 tsp oregano leaves dried
- 6 oz velveeta cut into 8 slices
- 6 oz velveeta cut into 8 slices

Equipment

- frying pan
- baking sheet
- paper towels
- sauce pan
- toothpicks

Directions

- Brown meat in large skillet on medium-high heat; drain.
- Add onions, garlic, oregano and crushed pepper; cook 5 min. of until onions are tender, stirring occasionally.
- Spoon 1/4 cup meat mixture onto center of each tortilla; top with VELVEETA. Fold in all sides of tortillas to completely enclose filling; secure with wooden toothpicks.
- Place in single layer on baking sheet. Refrigerate 20 min.
- Heat oil in large saucepan on medium-high heat.
- Add chimichangas, 2 at a time; cook 5 min. or until golden brown.
- Drain on paper towels.
- Remove and discard toothpicks.
- Serve chimichangas topped with sour cream and cilantro.

Nutrition Facts

 **PROTEIN 20.86%**  **FAT 56%**  **CARBS 23.14%**

Properties

Glycemic Index:32, Glycemic Load:9.92, Inflammation Score:-7, Nutrition Score:21.356956461202%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 578.5kcal (28.93%), Fat: 35.78g (55.04%), Saturated Fat: 7.43g (46.46%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 30.4g (11.05%), Sugar: 3.64g (4.05%), Cholesterol: 78.79mg (26.26%), Sodium: 530.73mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.99g (59.99%), Selenium: 34.09µg (48.7%), Vitamin B3: 9.02mg (45.1%), Vitamin B12: 2.57µg (42.84%), Zinc: 6.23mg (41.52%), Phosphorus: 369.79mg (36.98%), Vitamin E: 4.6mg (30.63%), Iron: 5.22mg (29.02%), Vitamin B6: 0.55mg (27.25%), Vitamin K: 27.38µg (26.07%), Vitamin B1: 0.37mg (24.41%), Vitamin B2: 0.39mg (23.04%), Manganese: 0.4mg (19.77%), Folate: 68.6µg (17.15%), Potassium: 541.17mg (15.46%), Calcium: 129.15mg (12.91%), Fiber: 2.86g (11.46%), Magnesium: 44.18mg (11.05%), Vitamin B5: 0.92mg (9.23%), Copper: 0.17mg (8.73%), Vitamin A: 313.48IU (6.27%), Vitamin C: 2.36mg (2.86%)