



Chimichangas

READY IN



32 min.

SERVINGS



5

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tomato sauce canned
- 10 ounce canned tomatoes diced green drained canned
- 2 teaspoons chili powder
- 5 servings garnish: cilantro fresh chopped
- 10 9-inch flour tortillas ()
- 2.5 cups ground beef-tomato sauce thawed
- 1 teaspoon ground cumin
- 16 ounce refried beans canned
- 8 ounce mexican four-cheese blend shredded

5 servings vegetable oil

Equipment

paper towels

sauce pan

dutch oven

Directions

Stir together first 4 ingredients in a medium saucepan. Cook over medium heat, stirring occasionally, 10 minutes.

Spoon about 1/3 cup sauce mixture just below center of 1 tortilla. Fold bottom third of tortilla up and over mixture, just until covered. Fold left side of tortilla over mixture; repeat with right side.

Roll up, and secure with wooden picks. Repeat with remaining sauce mixture and tortillas; set chimichangas aside.

Stir together diced tomatoes and green chiles and tomato sauce in a saucepan. Bring to a boil; reduce heat, and simmer 5 minutes. Keep warm.

Pour oil to depth of 1 inch into a Dutch oven; heat to 37

Fry chimichangas, in batches, 2 minutes on each side or until golden brown.

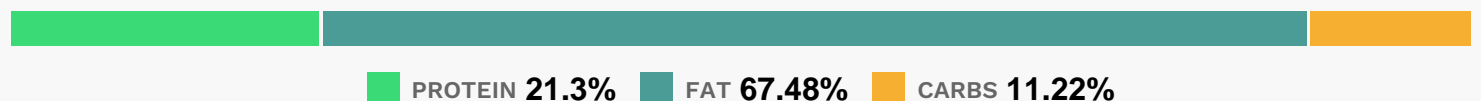
Drain on wire racks over paper towels.

Remove wooden picks.

Arrange chimichangas on platter. Spoon hot tomato mixture evenly over tops, and sprinkle evenly with shredded cheese.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.6, Glycemic Load:4.6, Inflammation Score:-7, Nutrition Score:22.009130405343%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 671.61kcal (33.58%), Fat: 50.09g (77.06%), Saturated Fat: 18.6g (116.27%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 12.77g (4.64%), Sugar: 7.08g (7.86%), Cholesterol: 122.97mg (40.99%), Sodium: 1190.74mg (51.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.58g (71.16%), Vitamin B12: 2.97µg (49.42%), Zinc: 6.39mg (42.57%), Phosphorus: 415.38mg (41.54%), Calcium: 384.08mg (38.41%), Selenium: 24.92µg (35.6%), Vitamin K: 34.5µg (32.86%), Vitamin B3: 6.15mg (30.75%), Iron: 4.92mg (27.33%), Vitamin B6: 0.54mg (27.02%), Fiber: 5.96g (23.84%), Vitamin E: 3.4mg (22.68%), Vitamin B2: 0.38mg (22.61%), Potassium: 668.92mg (19.11%), Vitamin A: 941.55IU (18.83%), Magnesium: 51.73mg (12.93%), Copper: 0.25mg (12.48%), Manganese: 0.21mg (10.54%), Vitamin C: 8.45mg (10.25%), Vitamin B5: 0.99mg (9.86%), Vitamin B1: 0.13mg (8.46%), Folate: 27.43µg (6.86%), Vitamin D: 0.34µg (2.26%)