



Crispy Chimichangas

READY IN



45 min.

SERVINGS



12

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chorizo
- 8 ounce carton cream sour
- 12 10-inch flour tortillas ()
- 0.5 cup bell pepper green chopped
- 1 pound ground beef
- 0.5 teaspoon ground cumin
- 6 ounce carton guacamole frozen thawed
- 4 ounces monterrey jack cheese shredded
- 2.2 ounce olives ripe drained sliced canned

- 0.5 cup onion chopped
- 1 teaspoon oregano dried whole
- 15 ounce refried beans canned
- 4 ounces cheddar cheese shredded
- 1 cup tomatoes chopped
- 12 servings vegetable oil
- 0.5 cup wheat germ

Equipment

- frying pan
- baking sheet
- oven
- aluminum foil
- dutch oven

Directions

- Cook chorizo, ground beef, onion, and green pepper in a large skillet over medium heat until browned, stirring until meat crumbles; drain. Stir in beans and next 3 ingredients.
- Wrap tortillas in aluminum foil; heat at 350 for 15 minutes. Working with 1 tortilla at a time, spoon about 1/3 cup meat mixture just below center of tortilla. Fold over left and right sides of tortilla to partially enclose filling. Fold remaining edges to form a rectangle, and secure with a wooden pick. Repeat procedure with remaining tortillas and meat mixture.
- Pour vegetable oil to depth of 2 to 3 inches into a Dutch oven; heat to 37
- Fry filled tortillas in hot oil 1 to 2 minutes or until golden.
- Drain.
- Remove wooden picks.
- Place chimichangas on an ungreased baking sheet.
- Sprinkle with cheeses. Broil 5 1/2 inches from heat (with electric oven door partially opened) 1 minute or until cheese melts. Top with guacamole, sour cream, tomato, and olives.

Nutrition Facts

PROTEIN 14.55% FAT 60.7% CARBS 24.75%

Properties

Glycemic Index:23.33, Glycemic Load:12.31, Inflammation Score:-7, Nutrition Score:21.415652451308%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 731.3kcal (36.56%), Fat: 49.08g (75.51%), Saturated Fat: 16.48g (103.03%), Carbohydrates: 45.02g (15.01%), Net Carbohydrates: 38.88g (14.14%), Sugar: 5.09g (5.66%), Cholesterol: 79.47mg (26.49%), Sodium: 952.93mg (41.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.47g (52.95%), Manganese: 1.05mg (52.63%), Selenium: 29.97µg (42.81%), Vitamin K: 37.77µg (35.97%), Phosphorus: 358.27mg (35.83%), Vitamin B1: 0.49mg (32.61%), Calcium: 290.2mg (29.02%), Iron: 5.01mg (27.84%), Vitamin B3: 5.43mg (27.16%), Folate: 102.52µg (25.63%), Fiber: 6.14g (24.56%), Vitamin B2: 0.41mg (24.32%), Zinc: 3.37mg (22.5%), Vitamin B12: 1.03µg (17.12%), Vitamin B6: 0.32mg (15.97%), Vitamin E: 2.08mg (13.89%), Vitamin A: 621.06IU (12.42%), Magnesium: 48.36mg (12.09%), Potassium: 395.4mg (11.3%), Vitamin C: 8.78mg (10.65%), Copper: 0.19mg (9.63%), Vitamin B5: 0.76mg (7.6%), Vitamin D: 0.15µg (1.01%)