



## Paulette's Baked Chimichangas

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 29 oz pinto beans rinsed drained canned
- ☐ 1 cup coleslaw mix with carrots prepared
- ☐ 6 flour tortillas reduced-fat (10 in.)
- ☐ 7 oz chilies diced green canned
- ☐ 6 servings green onions sliced
- ☐ 6 servings cup heavy whipping cream sour reduced-fat
- ☐ 4 oz olives ripe drained sliced canned
- ☐ 1.8 cups tomato salsa

☐ 1 cup sharp cheddar cheese shredded

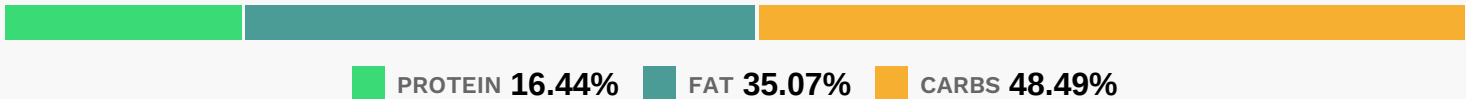
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ In a bowl, combine beans, olives, chilies, coleslaw mix, cheese, and 1 cup of the salsa.
- ☐ Wrap tortillas in a cloth towel and microwave on high (100 percent) until hot and pliable, about 1 1/2 minutes.
- ☐ Lay tortillas flat.
- ☐ Spread each with 1/6 of bean mixture in a band near edge. Fold over sides and roll up tightly to enclose.
- ☐ Place bundles seam side down on a lightly oiled 12- by 15-inch baking sheet.
- ☐ Bake in a 425 oven until crisp and brown, about 15 minutes. Top each chimichanga with additional salsa, sour cream, and green onions.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:12.68, Inflammation Score:-8, Nutrition Score:22.392174031423%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 381.1kcal (19.06%), Fat: 15.32g (23.56%), Saturated Fat: 6.66g (41.6%), Carbohydrates: 47.65g (15.88%), Net Carbohydrates: 37.37g (13.59%), Sugar: 7.88g (8.76%), Cholesterol: 27.23mg (9.08%), Sodium: 1529.45mg

(66.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.16g (32.31%), Vitamin C: 55.54mg (67.32%), Fiber: 10.29g (41.14%), Manganese: 0.76mg (38.08%), Phosphorus: 335.66mg (33.57%), Vitamin K: 34.98µg (33.31%), Calcium: 319.87mg (31.99%), Potassium: 827.55mg (23.64%), Vitamin B6: 0.46mg (23.09%), Iron: 4.05mg (22.48%), Folate: 87.74µg (21.94%), Vitamin A: 1091.83IU (21.84%), Magnesium: 82.96mg (20.74%), Vitamin B1: 0.3mg (20.13%), Selenium: 13.85µg (19.79%), Vitamin E: 2.92mg (19.45%), Copper: 0.39mg (19.25%), Vitamin B2: 0.28mg (16.58%), Vitamin B3: 3.08mg (15.42%), Zinc: 2.03mg (13.51%), Vitamin B5: 0.57mg (5.67%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.16µg (1.07%)