



## Roast Chicken Chimichangas

READY IN



45 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 ounce chilis green drained chopped canned
- 6 8-inch flour tortilla ()
- 1 garlic clove minced
- 0.3 cup spring onion chopped
- 0.3 teaspoon ground cumin
- 1 teaspoon oregano dried
- 4 ounces queso fresco crumbled
- 16 ounce refried beans fat-free canned
- 2.5 cups roasted shredded boneless skinless

0.5 cup salsa verde green

## Equipment

bowl

baking sheet

oven

## Directions

Preheat oven to 50

Combine first 7 ingredients in a large bowl; toss well.

Spread 1/4 cup beans down center of each tortilla. Top each tortilla with 2/3 cup chicken mixture; roll up.

Place rolls, seam sides down, on a large baking sheet coated with cooking spray. Coat tops of chimichangas with cooking spray.

Bake at 500 for 7 minutes.

Serve with salsa.

## Nutrition Facts



**PROTEIN 33.42%** **FAT 29.43%** **CARBS 37.15%**

## Properties

Glycemic Index:24.17, Glycemic Load:10.03, Inflammation Score:-7, Nutrition Score:20.089130603749%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 409.94kcal (20.5%), Fat: 12.97g (19.95%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 31.25g (11.36%), Sugar: 5.52g (6.13%), Cholesterol: 75.15mg (25.05%), Sodium: 1221.09mg (53.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.27%), Selenium: 42.51µg (60.72%), Vitamin B1: 0.71mg (47.18%), Vitamin B6: 0.83mg (41.34%), Phosphorus: 405.18mg (40.52%), Vitamin B3: 8.1mg (40.5%), Calcium: 228.97mg (22.9%), Fiber: 5.59g (22.36%), Vitamin B2: 0.37mg (21.95%), Iron: 3.63mg (20.18%), Zinc:

2.59mg (17.24%), Folate: 64.22µg (16.06%), Potassium: 538.27mg (15.38%), Manganese: 0.3mg (14.8%), Vitamin K: 14.57µg (13.88%), Vitamin B12: 0.82µg (13.67%), Magnesium: 44.4mg (11.1%), Vitamin C: 8.94mg (10.84%), Vitamin B5: 0.91mg (9.13%), Vitamin A: 407.89IU (8.16%), Copper: 0.12mg (6.21%), Vitamin D: 0.9µg (6.03%), Vitamin E: 0.28mg (1.9%)