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## Chickichanga <sup>••</sup>

Chickichanga is a delicious and savory Mexican dish. It is made with shredded chicken, cheese, and spices, wrapped in a tortilla and deep-fried until crispy. The Chickichanga is typically served with salsa and guacamole.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>300 g</b>	Shredded Chicken
<b>200 g</b>	Cheese
<b>4 pieces</b>	tortillas
<b>500 ml</b>	oil
<b>100 g</b>	Salsa

100 g Guacamole

## Directions

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### Step 1

Mixing

Mix the shredded chicken and cheese in a bowl.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Rolling

Place the chicken and cheese mixture onto a tortilla and roll it tightly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Frying

Heat oil in a deep fryer or a frying pan.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 4

Frying

Fry the rolled tortilla until golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 5

Draining

Remove the Chickichanga from the oil and let it drain on a paper towel.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve the Chickichanga with salsa and guacamole.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 15 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	10 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Cuisines

Mexican American

### Course

Drinks Salads Snacks

### Cultural

Chinese New Year Ramadan

### Cost

\$10 to \$20 \$40 to \$50

### Demographics

Kids Friendly Lactation Friendly Diabetic Friendly Heart Healthy

### Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Atkins Diet Nordic Diet Vegetarian Diet Vegan Diet

Lacto-Ovo Vegetarian Diet

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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