



Chicken-Green Chili Straws with Jalapeno-Honey Dip

READY IN



30 min.

SERVINGS



4

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups chicken thigh meat cooked chopped
- ☐ 1 tablespoon cider vinegar
- ☐ 1 package egg roll wrappers
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 ounce chiles diced green canned
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup honey
- ☐ 3 tablespoons jalapeño peppers chopped

- ☐ 0.3 cup mexican cheese blend shredded kraft recommended: or Sargento
- ☐ 0.5 cup cup heavy whipping cream sour

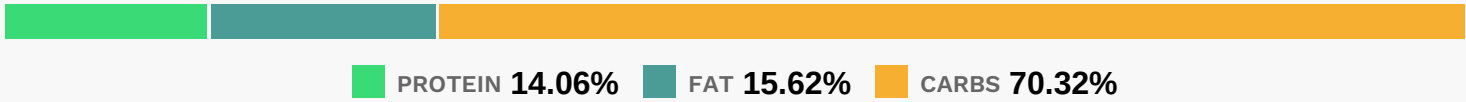
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- ☐ In a large bowl, combine chicken, sour cream, cheese, green chiles, cilantro, and cumin.
- ☐ Mix well to combine.
- ☐ Arrange egg roll wrappers on a flat surface.
- ☐ Place a small amount of filling in the lower third (towards 1 corner) of each wrapper. Fold over the bottom corner of the wrapper, tightly roll up 1 turn and then fold in the sides. Dip your finger in water and run it along the corner and edge. Tightly roll up the rest of the way, sealing the edges and seam shut.
- ☐ Place "straws" on prepared baking sheet and spray with cooking spray.
- ☐ Bake 10 to 12 minutes, until golden brown.
- ☐ Meanwhile, in a small bowl, combine honey, pickled jalapenos and vinegar.
- ☐ Mix well and serve alongside straws.

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:36.44, Inflammation Score:-6, Nutrition Score:20.242608824502%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 773.72kcal (38.69%), Fat: 13.67g (21.02%), Saturated Fat: 5.76g (36%), Carbohydrates: 138.39g (46.13%),
Net Carbohydrates: 135.46g (49.26%), Sugar: 70.86g (78.74%), Cholesterol: 75.33mg (25.11%), Sodium: 990.82mg
(43.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.67g (55.34%), Selenium: 47.93µg (68.47%),
Vitamin B3: 10.61mg (53.06%), Vitamin B1: 0.63mg (42.24%), Manganese: 0.84mg (41.75%), Vitamin B2: 0.63mg
(36.82%), Iron: 5.71mg (31.71%), Folate: 120.54µg (30.14%), Phosphorus: 265.4mg (26.54%), Calcium: 171.79mg
(17.18%), Vitamin B6: 0.34mg (16.88%), Zinc: 2.24mg (14.91%), Vitamin C: 11.22mg (13.6%), Copper: 0.25mg (12.47%),
Fiber: 2.93g (11.72%), Magnesium: 44.76mg (11.19%), Potassium: 359.65mg (10.28%), Vitamin A: 460.96IU (9.22%),
Vitamin B5: 0.77mg (7.72%), Vitamin B12: 0.35µg (5.83%), Vitamin K: 2.28µg (2.17%), Vitamin E: 0.21mg (1.37%)