



Gruyere Rolls with Pecan-Chile Salsa

READY IN



60 min.

SERVINGS



12

CALORIES



272 kcal

Ingredients

- ☐ 4 árbol chiles dried
- ☐ 4 flour tortillas warmed
- ☐ 1 clove garlic unpeeled
- ☐ 8 ounces gruyère cheese smoked or any other cheese, sliced into 1/2-inch logs
- ☐ 3 tablespoons honey
- ☐ 1 pears such as bartlett, cut into 1/4-inch slices
- ☐ 0.3 cup pecans
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 12 servings vegetable oil for brushing

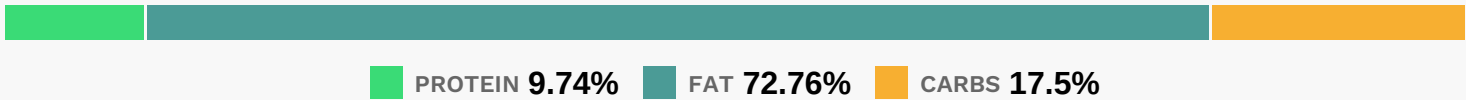
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ toothpicks

Directions

- ☐ Preheat a medium heavy skillet.
- ☐ Add the pecans, chiles and garlic, toasting on all sides until fragrant, about 3 minutes.
- ☐ Remove from the heat and let cool slightly.
- ☐ Remove the outer peel from the garlic and remove the stems from the chiles.
- ☐ Transfer the pecans, garlic, chiles and 1/3 cup water to a blender and blend until smooth. Season with salt and freshly ground black pepper.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Place the tortillas on a work surface and top with 4 slices of cheese, 4 slices of pear and then drizzle with about 2 teaspoons of honey per tortilla.
- ☐ Fold in the sides of the tortilla over the filling and roll up to fully enclose. Secure with 2 toothpicks to prevent it from opening while baking and brush with vegetable oil.
- ☐ Place the rolls on a greased baking sheet and bake until tortillas are crunchy, about 35 minutes.
- ☐ Let the rolls cool enough to handle, about 5 minutes.
- ☐ Cut into thirds and serve warm or at room temperature with the pecan-chile salsa.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:4.52, Inflammation Score:-3, Nutrition Score:6.0434782090394%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 272.25kcal (13.61%), Fat: 22.42g (34.5%), Saturated Fat: 6.13g (38.33%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.04g (4.02%), Sugar: 6.35g (7.05%), Cholesterol: 20.79mg (6.93%), Sodium: 209.12mg (9.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.51%), Vitamin K: 28.05µg (26.71%), Calcium: 209.55mg (20.96%), Phosphorus: 143.45mg (14.35%), Manganese: 0.17mg (8.75%), Vitamin E: 1.25mg (8.34%), Selenium: 5.15µg (7.36%), Zinc: 0.92mg (6.1%), Vitamin B2: 0.09mg (5.41%), Vitamin B1: 0.08mg (5.19%), Vitamin B12: 0.3µg (5.04%), Vitamin A: 228.75IU (4.57%), Fiber: 1.1g (4.39%), Magnesium: 13.02mg (3.26%), Folate: 13µg (3.25%), Iron: 0.52mg (2.9%), Copper: 0.06mg (2.89%), Vitamin B3: 0.53mg (2.67%), Vitamin B6: 0.04mg (1.79%), Potassium: 61.65mg (1.76%), Vitamin B5: 0.16mg (1.56%)