



Hot Phyllo Burritos

 Vegetarian  Vegan  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce pinto beans drained and rinsed canned
- ☐ 8 green onions
- ☐ 1 jalapeno
- ☐ 16 sheets phyllo pastry frozen thawed
- ☐ 1.5 cups salsa
- ☐ 2 teaspoons salsa
- ☐ 1.3 ounce taco seasoning

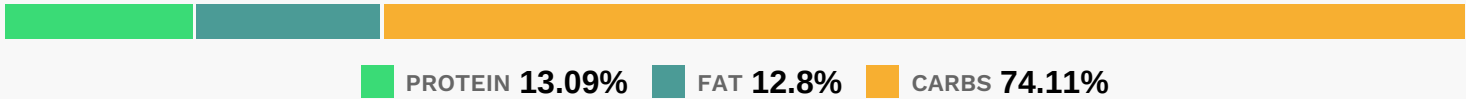
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ cutting board

Directions

- ☐ Cut green tops from onions. Cook tops in boiling water to cover 1 minute; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Cut each piece lengthwise into 3 or 4 strips, and set aside.
- ☐ Chop enough of white portions to measure 1/2 cup.
- ☐ Process chopped white portion, beans, and next 3 ingredients in a food processor until smooth, stopping to scrape down sides; set aside.
- ☐ Place 1 phyllo sheet on a large cutting board, and coat with vegetable cooking spray. Keep remaining phyllo sheets covered with a slightly damp towel. Stack 3 more phyllo sheets over first sheet, coating each with vegetable cooking spray.
- ☐ Cut stack in half lengthwise, and cut each half crosswise into thirds.
- ☐ Spoon 1 tablespoon bean mixture near 1 long edge of each stack; roll up starting at same edge. Pinch rolls 1 1/2 inches from each end, and tie with green onion strips.
- ☐ Place on lightly greased baking sheets. Repeat procedure 3 times with remaining phyllo stacks and bean mixture.
- ☐ Bake at 400 for 10 to 15 minutes or until golden; cool on wire racks.
- ☐ Serve with additional salsa.
- ☐ NOTE: For a milder filling, seed jalepeo before chopping.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:3.41, Inflammation Score:-3, Nutrition Score:3.5343478140624%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 62.43kcal (3.12%), Fat: 0.91g (1.4%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 10.01g (3.64%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 340.91mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin K: 9.8µg (9.33%), Manganese: 0.15mg (7.31%), Fiber: 1.81g (7.23%), Vitamin B1: 0.09mg (5.77%), Vitamin A: 264.65IU (5.29%), Iron: 0.91mg (5.08%), Folate: 19.07µg (4.77%), Selenium: 3.13µg (4.47%), Vitamin B3: 0.78mg (3.91%), Phosphorus: 33.85mg (3.39%), Potassium: 117.01mg (3.34%), Vitamin B2: 0.06mg (3.24%), Vitamin C: 2.56mg (3.1%), Copper: 0.06mg (2.89%), Magnesium: 11.52mg (2.88%), Vitamin B6: 0.05mg (2.6%), Vitamin E: 0.36mg (2.43%), Calcium: 17.89mg (1.79%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.1mg (1.02%)