



Mexican Egg Rolls

READY IN



30 min.

SERVINGS



14

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce egg roll wrappers
- 4 ounce pepper flakes diced green drained canned
- 1 pound ground beef lean
- 4 cups cooking oil for frying or as needed
- 2 cups pepper jack cheese shredded
- 1.3 ounce taco seasoning

Equipment

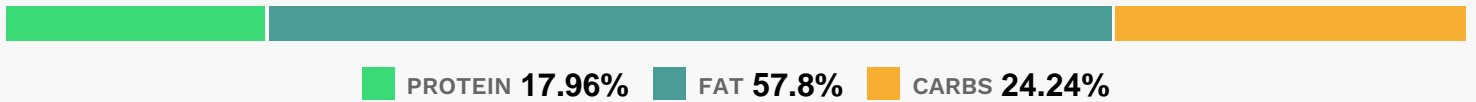
- frying pan

paper towels

Directions

- Crumble ground beef into a large skillet over medium-high heat. Cook until evenly browned, and drain off grease.
- Add taco seasoning, and cook according to package directions. Set aside.
- Heat 1 inch of oil in a large skillet, or preheat a deep-fryer to 375 degrees F (190 degrees C).
- Lay out one egg roll wrapper at a time, and place a little more than a tablespoon of the ground beef in the center. Top with a small spoonful of green chilies, and a little bit of shredded cheese.
- Roll up according to package instructions, and seal edges, wetting with water if necessary. Repeat with remaining wrappers and filling.
- Fry the rolls in the hot oil until golden brown on all sides, about 5 minutes.
- Remove from the oil to drain on paper towels.
- Serve hot and fresh.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:10.274782569512%

Nutrients (% of daily need)

Calories: 308.25kcal (15.41%), Fat: 19.77g (30.42%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 17.55g (6.38%), Sugar: 0.98g (1.09%), Cholesterol: 37.01mg (12.34%), Sodium: 485.35mg (21.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.64%), Selenium: 16.01µg (22.88%), Vitamin B3: 3.43mg (17.17%), Phosphorus: 162.27mg (16.23%), Vitamin E: 2.43mg (16.19%), Zinc: 2.36mg (15.71%), Vitamin C: 12.78mg (15.49%), Vitamin B12: 0.87µg (14.42%), Calcium: 137.8mg (13.78%), Vitamin B2: 0.23mg (13.49%), Iron: 2.09mg (11.63%), Vitamin B1: 0.17mg (11.24%), Vitamin K: 10.76µg (10.25%), Manganese: 0.2mg (10.05%), Vitamin B6: 0.19mg (9.46%), Vitamin A: 442.67IU (8.85%), Folate: 30.77µg (7.69%), Potassium: 174.51mg (4.99%), Magnesium: 19.02mg (4.75%), Fiber: 1.11g (4.43%), Copper: 0.08mg (4.11%), Vitamin B5: 0.27mg (2.65%)