



Mexican Sushi

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup refried black beans low-fat
- ☐ 1.5 tablespoons chipotle in adobo seeded finely chopped
- ☐ 0.8 cup cilantro leaves chopped
- ☐ 1 large flour tortilla plain
- ☐ 3 ounces cream cheese low-fat softened
- ☐ 6 tablespoons pico de gallo salsa
- ☐ 1 large spinach-flavored tortilla
- ☐ 1 large tomato-flavored tortilla

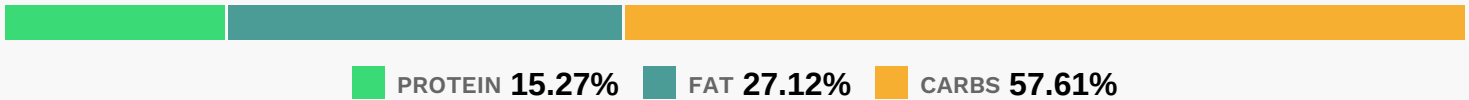
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Mix together cream cheese and chipotle.
- ☐ Heat tortillas in microwave or oven to soften.
- ☐ Spread each tortilla with 2 Tbsp. chipotle cream cheese, 1/4 cup black beans and 2 Tbsp. salsa. Scatter one-third of the avocado and cilantro on each.
- ☐ Roll up tortillas tightly; wrap in plastic wrap and refrigerate. To serve, unwrap and trim ends; cut each roll across into 6 pieces.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.75, Inflammation Score:-3, Nutrition Score:4.1465217587741%

Flavonoids

Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 115.28kcal (5.76%), Fat: 3.54g (5.44%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 13.93g (5.07%), Sugar: 2.56g (2.84%), Cholesterol: 7.65mg (2.55%), Sodium: 233.69mg (10.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Fiber: 2.98g (11.92%), Folate: 40.67µg (10.17%), Iron: 1.39mg (7.71%), Manganese: 0.13mg (6.51%), Vitamin K: 6.72µg (6.4%), Phosphorus: 62.91mg (6.29%), Calcium: 60.77mg (6.08%), Vitamin B1: 0.08mg (5.64%), Vitamin A: 278.73IU (5.57%), Magnesium: 17.8mg (4.45%), Potassium: 128.01mg (3.66%), Vitamin B2: 0.06mg (3.31%), Copper: 0.06mg (2.96%), Selenium: 1.96µg (2.8%), Zinc: 0.36mg (2.39%), Vitamin B12: 0.13µg (2.17%), Vitamin B5: 0.19mg (1.91%), Vitamin B3: 0.37mg (1.85%), Vitamin B6: 0.03mg (1.36%), Vitamin C: 1.11mg (1.35%)