



Southwest Egg Rolls

READY IN



40 min.

SERVINGS



40

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup black beans canned rinsed
- 1.5 cups four cheese shredded mexican style kraft finely
- 1.3 cups meat from a rotisserie chicken cooked chopped
- 1 eggs beaten
- 8 8-inch flour tortillas warmed ()
- 0.5 cup cilantro leaves fresh divided chopped
- 1 cup regular corn frozen
- 1 tsp ground cumin
- 2 Tbsp oil

- 0.5 cup classic ranch dressing kraft
- 0.5 cup pasilla peppers red chopped

Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Mix dressing and 1/4 cup cilantro. Refrigerate until ready to use.
- Mix remaining cilantro, chicken, cheese, beans, corn, peppers and cumin; mix lightly.
- Spoon chicken mixture down centers of tortillas. Fold in opposite sides of each tortilla, then roll up, starting at bottom edge.
- Brush top edge with egg; press into egg roll to seal.
- Place, seam-sides down, on baking sheet; brush with oil.
- Bake 20 min. or until golden brown.
- Cut each diagonally into thirds.
- Serve with dressing mixture.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:1.64, Inflammation Score:-2, Nutrition Score:3.16913045878%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 85.14kcal (4.26%), Fat: 4.75g (7.3%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 6.33g (2.3%), Sugar: 0.62g (0.69%), Cholesterol: 12.39mg (4.13%), Sodium: 151.63mg (6.59%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Selenium: 5.09µg (7.27%), Phosphorus: 65.64mg (6.56%), Vitamin K: 6.07µg (5.78%), Calcium: 49.23mg (4.92%), Vitamin B3: 0.92mg (4.6%), Vitamin B1: 0.07mg (4.52%), Vitamin B2: 0.07mg (4.26%), Folate: 16.59µg (4.15%), Manganese: 0.07mg (3.71%), Vitamin C: 2.85mg (3.46%), Iron: 0.61mg (3.4%), Fiber: 0.82g (3.28%), Vitamin A: 124.12IU (2.48%), Zinc: 0.36mg (2.37%), Vitamin B6: 0.05mg (2.27%), Magnesium: 7.87mg (1.97%), Vitamin E: 0.27mg (1.79%), Potassium: 60.71mg (1.73%), Vitamin B5: 0.14mg (1.45%), Copper: 0.03mg (1.37%), Vitamin B12: 0.07µg (1.21%)