



Southwest Egg Rolls with Cilantro Lime Pesto

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bunch cilantro leaves
- 3 cloves garlic
- 1 Tbsp almonds sliced
- 12 juice of lime divided
- 12 servings olive oil
- 12 servings salt and pepper
- 12 egg roll wrappers
- 1 small bell pepper red

- 0.5 cup regular corn
- 0.5 cup black beans rinsed drained

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- plastic wrap

Directions

- Oven at 385 degrees.
- Make the pesto: In a small food processor add the garlic and almonds. Pulse until finely chopped.
- Add the cilantro leaves and about 3–4 Tbsp olive oil, the amount is really a preference of how loose or thick you like the pesto. Start with a little and add a little at a time until you reach the consistency of your preference. Stir in the juice of 1/2 a lime. If you are making this ahead of time...place in a bowl and drizzle just enough olive oil on top to coat, this keeps the air from getting to the cilantro. Cover with plastic wrap and refrigerate.
- Saut the peppers with a drizzle of olive oil in a pan over medium high heat for just a couple minutes.
- Mix the peppers, corn and black beans in a bowl.
- Lay out the egg roll wrappers. Smear some of the cilantro lime pesto on the end closest to you, leaving about an inch of the wrapper on the very end.
- Add a spoon full of the veggies along the line of pesto.
- Brush the ends of the wrapper with water, this will help seal the egg roll. Fold the end nearest you over the veggies and the two
- sides fold in as well.
- Roll up the wrapper to the end.

- Place seam side down on a lined baking sheet that has been brushed with a bit of olive oil to prevent sticking.
- Brush the egg rolls lightly with olive oil as well, this will help get that golden color.
- Bake for approx 18 minutes, or until golden and crispy.

Nutrition Facts

PROTEIN 5.13%

FAT 66.89%

CARBS 27.98%

Properties

Glycemic Index:15.79, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:5.3691304347826%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Taste

Sweetness: 7.8%, Saltiness: 2.58%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 192.41kcal (9.62%), Fat: 14.79g (22.76%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 12.52g (4.55%), Sugar: 1.1g (1.23%), Cholesterol: 1.17mg (0.39%), Sodium: 269.86mg (11.73%), Protein: 2.55g (5.11%), Vitamin C: 17.66mg (21.41%), Vitamin E: 2.42mg (16.11%), Vitamin K: 11.02µg (10.49%), Manganese: 0.17mg (8.64%), Folate: 29.97µg (7.49%), Vitamin B1: 0.11mg (7.03%), Selenium: 3.95µg (5.64%), Fiber: 1.4g (5.6%), Vitamin A: 272.27IU (5.45%), Vitamin B3: 1mg (4.98%), Vitamin B2: 0.08mg (4.6%), Iron: 0.81mg (4.47%), Magnesium: 15.04mg (3.76%), Phosphorus: 36.78mg (3.68%), Potassium: 110.97mg (3.17%), Copper: 0.06mg (2.94%), Vitamin B6: 0.06mg (2.93%), Zinc: 0.29mg (1.94%), Calcium: 17.18mg (1.72%), Vitamin B5: 0.14mg (1.4%)