



WHATSheATE



Southwest-Style Egg Rolls

READY IN



20 min.

SERVINGS



8

CALORIES



386 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups baby spinach fresh
- ☐ 15 ounce black beans drained canned
- ☐ 14 ounce egg roll wrappers
- ☐ 1 cup regular corn frozen
- ☐ 0.3 cup green onion chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 6 ounces monterrey jack cheese shredded
- ☐ 0.3 cup olive oil

- ☐ 0.5 teaspoon salt
- ☐ 8 servings vegetable oil for frying

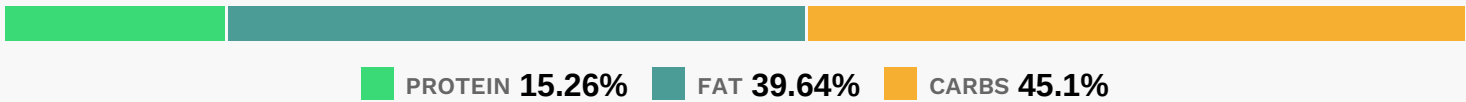
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat olive oil in a skillet over medium heat. Stir in onions, and cook until tender. Stir in spinach, corn, black beans, and lime juice. Season with salt and cumin.
- ☐ Remove from heat, and stir in cheese.
- ☐ Place 1/4 cup of filling in the center of each egg roll wrapper. Fold in the sides, and roll egg rolls; dampen the edges with a small amount of water to seal.
- ☐ In a large heavy skillet, heat enough vegetable oil to cover egg rolls over medium-high heat. Working in batches, carefully place egg rolls in hot oil, and cook until golden brown.
- ☐ Remove to paper towels.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:22.449999959573%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 385.99kcal (19.3%), Fat: 17.23g (26.51%), Saturated Fat: 5.64g (35.24%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 38.19g (13.89%), Sugar: 0.34g (0.38%), Cholesterol: 23.39mg (7.8%), Sodium: 786.63mg

(34.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.84%), Vitamin K: 161.14µg (153.46%), Vitamin A: 3021.77IU (60.44%), Manganese: 0.76mg (37.92%), Folate: 147.58µg (36.9%), Selenium: 18.26µg (26.09%), Vitamin B1: 0.38mg (25.57%), Vitamin B2: 0.41mg (24.28%), Fiber: 5.91g (23.65%), Calcium: 236.06mg (23.61%), Phosphorus: 227.31mg (22.73%), Iron: 4.04mg (22.43%), Vitamin B3: 3.63mg (18.17%), Magnesium: 66.26mg (16.57%), Vitamin C: 12.52mg (15.18%), Potassium: 465.05mg (13.29%), Vitamin E: 1.89mg (12.63%), Copper: 0.24mg (11.83%), Zinc: 1.61mg (10.71%), Vitamin B6: 0.16mg (8%), Vitamin B12: 0.19µg (3.11%), Vitamin B5: 0.24mg (2.39%)