



Southwestern Egg Rolls

READY IN



272 min.

SERVINGS



5

CALORIES



589 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup black beans rinsed drained
- ☐ 1 chicken breast half boneless skinless
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup corn kernels frozen
- ☐ 5 6-inch flour tortillas ()
- ☐ 0.5 tablespoon parsley fresh minced
- ☐ 2 tablespoons pkt spinach frozen thawed drained chopped
- ☐ 2 tablespoons green onion minced
- ☐ 1 pinch ground pepper

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons jalapeño peppers diced
- ☐ 0.8 cup monterrey jack cheese shredded
- ☐ 1 quart oil for deep frying
- ☐ 2 tablespoons bell pepper red minced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ toothpicks
- ☐ microwave

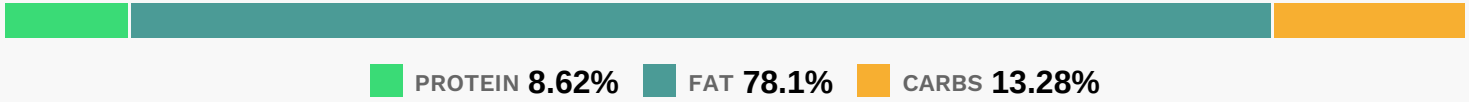
Directions

- ☐ Rub 1 tablespoon vegetable oil over chicken breast. In a medium saucepan over medium heat, cook chicken approximately 5 minutes per side, until meat is no longer pink and juices run clear.
- ☐ Remove from heat and set aside.
- ☐ Heat remaining 1 tablespoon vegetable oil in a medium saucepan over medium heat. Stir in green onion and red pepper. Cook and stir 5 minutes, until tender.
- ☐ Dice chicken and mix into the pan with onion and red pepper.
- ☐ Mix in corn, black beans, spinach, jalapeno peppers, parsley, cumin, chili powder, salt and cayenne pepper. Cook and stir 5 minutes, until well blended and tender.
- ☐ Remove from heat and stir in Monterey Jack cheese so that it melts.
- ☐ Wrap tortillas with a clean, lightly moist cloth. Microwave on high approximately 1 minute, or until hot and pliable.
- ☐ Spoon even amounts of the mixture into each tortilla. Fold ends of tortillas, then roll tightly around mixture. Secure with toothpicks. Arrange in a medium dish, cover with plastic, and

place in the freezer. Freeze at least 4 hours.

- ☐ In a large, deep skillet, heat oil for deep frying to 375 degrees F (190 degrees C). Deep fry frozen, stuffed tortillas 10 minutes each, or until dark golden brown.
- ☐ Drain on paper towels before serving.

Nutrition Facts



Properties

Glycemic Index:51.2, Glycemic Load:5.26, Inflammation Score:-8, Nutrition Score:16.120434535586%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 588.9kcal (29.44%), Fat: 51.74g (79.61%), Saturated Fat: 7.92g (49.48%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 17.2g (6.25%), Sugar: 2.21g (2.45%), Cholesterol: 29.55mg (9.85%), Sodium: 535.18mg (23.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.7%), Vitamin K: 74.68µg (71.13%), Vitamin E: 7.72mg (51.44%), Selenium: 17µg (24.28%), Vitamin A: 1145.06IU (22.9%), Phosphorus: 209.79mg (20.98%), Vitamin B3: 4.05mg (20.23%), Calcium: 187.57mg (18.76%), Vitamin C: 13.66mg (16.56%), Folate: 63.16µg (15.79%), Vitamin B1: 0.21mg (13.76%), Manganese: 0.27mg (13.55%), Vitamin B6: 0.26mg (13.19%), Vitamin B2: 0.21mg (12.57%), Iron: 1.88mg (10.44%), Fiber: 2.61g (10.42%), Magnesium: 32.02mg (8.01%), Potassium: 239.76mg (6.85%), Zinc: 1.01mg (6.76%), Vitamin B5: 0.51mg (5.08%), Copper: 0.08mg (4.14%), Vitamin B12: 0.19µg (3.1%)