

Texas Egg Rolls

READY IN



18 min.

SERVINGS



6

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 egg roll wrappers
- 6 chiles whole green canned
- 6 slices monterrey jack cheese
- 6 servings cooking oil for frying

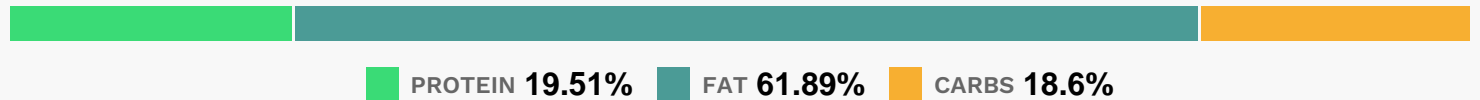
Equipment

- frying pan
- paper towels

Directions

- Heat 1/2 inch of oil in a large skillet, or preheat a deep-fryer to 350 degrees F (175 degrees C).
- Insert a piece of cheese into each chile.
- Place a stuffed chile diagonally across the egg roll wrapper. Moisten all four sides of the wrapper with water. Fold the sides in and gently press to seal the ends. Starting at the bottom fold the point up and gently press around the chili.
- Roll up and seal the edges.
- Fry the rolls in the hot oil until golden brown on all sides, about 3 minutes. When the first side is nice and brown gently flip over and brown the other side. Work in small batches so the egg rolls don't touch while frying.
- Remove from the oil to drain on paper towels.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:4.6200000267962%

Nutrients (% of daily need)

Calories: 167.23kcal (8.36%), Fat: 11.48g (17.66%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.51g (2.73%), Sugar: 0.14g (0.16%), Cholesterol: 26.09mg (8.7%), Sodium: 246.33mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Calcium: 215.35mg (21.53%), Phosphorus: 134.96mg (13.5%), Selenium: 7.73µg (11.04%), Vitamin B2: 0.16mg (9.33%), Zinc: 0.93mg (6.22%), Vitamin B1: 0.07mg (4.78%), Vitamin A: 218.4IU (4.37%), Manganese: 0.09mg (4.3%), Folate: 16.76µg (4.19%), Vitamin B12: 0.23µg (3.92%), Vitamin E: 0.56mg (3.75%), Vitamin B3: 0.74mg (3.69%), Iron: 0.65mg (3.62%), Vitamin K: 2.7µg (2.57%), Magnesium: 10.2mg (2.55%), Copper: 0.03mg (1.4%), Vitamin B6: 0.03mg (1.36%), Vitamin D: 0.17µg (1.12%)