

Baked Mexican Egg Rolls

Yield: 42 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-egg-roll-wrap-recipe-ideas>

Ingredients:

- 1 pound chicken breast strips chopped into small pieces
- 15 ounces black beans can drained
- 11 ounces Mexican style corn
- 1/2 cup diced onion
- 1/4 cup black olives minced
- 2 tablespoons minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon chili powder
- 1 teaspoon cumin
- 2 cups mexican blend cheese shredded
- 16 ounces egg roll wraps package

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 15 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 180 milligrams

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