

Mexican Sushi

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-sushi-recipe>

Ingredients:

- 3 ounces cream cheese low-fat, softened
- 1 1/2 tablespoons chipotle in adobo seeded and finely chopped
- 1 flour tortilla large plain
- 1 tortilla large tomato-flavored
- 1 tortilla large spinach-flavored
- 3/4 cup low fat refried black beans
- 6 tablespoons pico de gallo salsa
- 1 1/2 avocados from Mexico, peeled, pitted and diced
- 3/4 cup cilantro leaves chopped

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 15 milligrams
4. Fat: 16 grams
5. Fiber: 5 grams
6. Protein: 4 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1090 milligrams
9. Sugar: 3 grams

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