

Guacamole Rolls

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 42 guacamole rolls

1 can (14 ounce) refried beans
3 ounces Cheddar cheese
7 flour tortillas
2 large avocados
1 small red onion, chopped
1 tablespoon mayonnaise
1 red chili flakes, chopped
1 tablespoon lime juice
1 tablespoon fresh coriander, chopped

In a bowl, mix the refried beans with the Cheddar cheese.

Using a three-inch cutter, cut the tortillas into rounds. Wrap in foil and cook in a 350 degree oven for 2 to 3 minutes, until warmed through.

For the guacamole: Mash the avocados. Mix with the red onion, mayonnaise, red chili, lime juice and coriander.

Spread a little of the bean mixture over the base of each tortilla. Roll up like a horn. Place seam-side-down on a baking tray.

Bake for another 5 minutes or until crisp.

Spoon a teaspoon of guacamole into the open end. Serve.

Per Serving (excluding unknown items): 3063 Calories; 140g Fat (40.5% calories from fat); 91g Protein; 373g Carbohydrate; 42g Dietary Fiber; 94mg Cholesterol; 4134mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fruit; 24 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	3063
% Calories from Fat:	40.5%
% Calories from Carbohydrates:	47.9%
% Calories from Protein:	11.7%
Total Fat (g):	140g
Saturated Fat (g):	39g
Monounsaturated Fat (g):	70g
Polyunsaturated Fat (g):	20g
Cholesterol (mg):	94mg
Carbohydrate (g):	373g
Dietary Fiber (g):	42g
Protein (g):	91g
Sodium (mg):	4134mg
Potassium (mg):	4437mg

Vitamin B6 (mg):	1.9mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	3.3mg
Riboflavin B2 (mg):	2.4mg
Folacin (mcg):	1129mcg
Niacin (mg):	27mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	3
Vegetable:	2 1/2
Fruit:	1 1/2

Calcium (mg): 1441mg
Iron (mg): 26mg
Zinc (mg): 12mg
Vitamin C (mg): 69mg
Vitamin A (i.u.): 3738IU
Vitamin A (r.e.): 557RE

Non-Fat Milk: 0
Fat: 24
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3063 **Calories from Fat:** 1240

% Daily Values*

Total Fat 140g	216%
Saturated Fat 39g	196%
Cholesterol 94mg	31%
Sodium 4134mg	172%
Total Carbohydrates 373g	124%
Dietary Fiber 42g	168%
Protein 91g	
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Vitamin A	75%
Vitamin C	116%
Calcium	144%
Iron	146%

* Percent Daily Values are based on a 2000 calorie diet.