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Baja Rolls

Baja Rolls are a delicious and flavorful Mexican-inspired dish. They are made with a combination of fresh ingredients and spices, and they can be enjoyed as a main course or as an appetizer. Baja Rolls are typically filled with a mixture of grilled vegetables, black beans, and cheese, and they are then rolled up in a tortilla and baked until crispy. The result is a crunchy and savory dish that is perfect for any occasion.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

4 pieces	flour tortillas
150 g	Red Bell Pepper
150 g	yellow bell pepper
200 g	zucchini

200 g	Black Beans
200 g	Cheddar Cheese
2 tbsp	Olive oil
1 tsp	Cumin
1 tsp	Paprika
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the red bell pepper, yellow bell pepper, and zucchini into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

In a large skillet, heat the olive oil over medium heat. Add the sliced vegetables, cumin, paprika, salt, and pepper. Cook for 5-7 minutes, or until the vegetables are tender.

Prep Time: 5 mins

Cook Time: 7 mins

Step 4

Place a tortilla on a flat surface. Spoon some black beans onto the center of the tortilla, followed by the cooked vegetables and grated cheddar cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Fold the sides of the tortilla over the filling, then roll it up tightly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Repeat steps 4-5 with the remaining tortillas and filling.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Place the rolled-up tortillas on a baking sheet lined with parchment paper. Bake for 10-12 minutes, or until the tortillas are golden and crispy.

Prep Time: 0 mins

Cook Time: 12 mins

Step 8

Serving

Serve the Baja Rolls hot, with your favorite salsa or dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 18 g

Protein: 12 g

Carbohydrates: 26 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	9 g	40.91%	52.94%
Fat	18 g	64.29%	72%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	45 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	25 iu	2.78%	3.57%
Vitamin C	90 mg	100%	120%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	650 mg	28.26%	28.26%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	6 mcg	10.91%	10.91%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Passover

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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