



Antipasto Italian Roll-Ups

READY IN



45 min.

SERVINGS



2

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

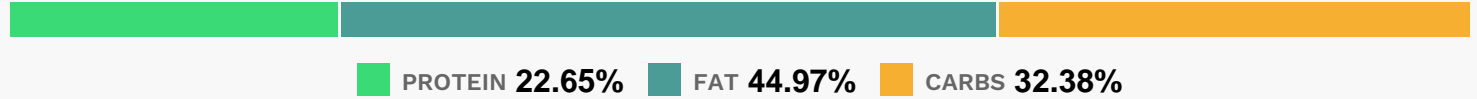
- 2 6-inch flour tortillas fat-free ()
- 0.5 cup basil leaves fresh
- 2 ounces part-skim mozzarella cheese thinly sliced
- 0.3 cup bottled roasted bell peppers red chopped
- 1 ounce genoa salami thinly sliced reduced-fat
- 1 tablespoon cup heavy whipping cream fat-free sour
- 1 tablespoon sun-dried tomato spread

Equipment

Directions

- Combine the sour cream and sun-dried tomato spread.
- Spread 1 tablespoon of the tomato mixture down center of each tortilla. Top each with half of basil, bell pepper, mozzarella cheese, and salami; roll up.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:5.12, Inflammation Score:-6, Nutrition Score:12.174782540487%

Nutrients (% of daily need)

Calories: 237.97kcal (11.9%), Fat: 11.87g (18.27%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 17.5g (6.36%), Sugar: 2.41g (2.68%), Cholesterol: 29.88mg (9.96%), Sodium: 1047.44mg (45.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Calcium: 297.77mg (29.78%), Vitamin K: 28.59µg (27.23%), Phosphorus: 248.15mg (24.81%), Selenium: 14.92µg (21.31%), Vitamin B1: 0.31mg (20.75%), Manganese: 0.31mg (15.67%), Vitamin C: 12.91mg (15.65%), Vitamin B2: 0.25mg (14.71%), Vitamin B3: 2.56mg (12.81%), Vitamin A: 611.34IU (12.23%), Zinc: 1.71mg (11.38%), Vitamin B12: 0.65µg (10.79%), Iron: 1.94mg (10.78%), Folate: 41.21µg (10.3%), Vitamin B6: 0.18mg (8.79%), Copper: 0.15mg (7.54%), Potassium: 260.15mg (7.43%), Magnesium: 28.1mg (7.02%), Fiber: 1.73g (6.93%), Vitamin B5: 0.3mg (2.95%)