



 **12%**
HEALTH SCORE

Antipasto Italian Roll-Ups

READY IN



45 min.

SERVINGS



2

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

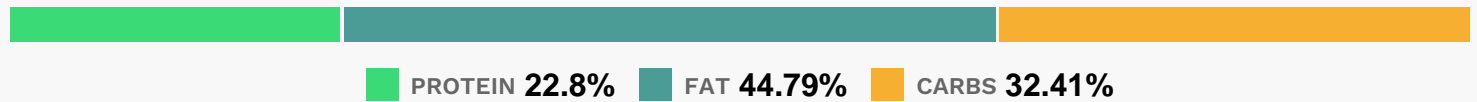
- 2 6-inch flour tortilla fat-free ()
- 0.5 cup basil fresh
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- 2 ounces part-skim mozzarella cheese thinly sliced
- 0.3 cup roasted peppers red chopped
- 1 ounce genoa salami thinly sliced reduced-fat
- 1 tablespoon cream fat-free sour
- 1 tablespoon sun-dried olives

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:116, Glycemic Load:5.16, Inflammation Score:-6, Nutrition Score:14.05391286767%

Nutrients (% of daily need)

Calories: 239.35kcal (11.97%), Fat: 11.91g (18.32%), Saturated Fat: 5.45g (34.09%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 17.56g (6.39%), Sugar: 2.43g (2.7%), Cholesterol: 29.88mg (9.96%), Sodium: 1047.68mg (45.55%), Alcohol: 0g (100%), Protein: 13.64g (27.28%), Vitamin K: 53.49µg (50.94%), Calcium: 308.39mg (30.84%), Phosphorus: 251.51mg (25.15%), Selenium: 14.93µg (21.33%), Vitamin B1: 0.31mg (20.89%), Manganese: 0.38mg (19.11%), Vitamin A: 927.84IU (18.56%), Vitamin C: 13.99mg (16.96%), Vitamin B2: 0.25mg (14.98%), Vitamin B3: 2.62mg (13.08%), Iron: 2.13mg (11.83%), Zinc: 1.76mg (11.7%), Folate: 45.29µg (11.32%), Vitamin B12: 0.65µg (10.79%), Vitamin B6: 0.19mg (9.26%), Copper: 0.17mg (8.7%), Magnesium: 31.94mg (7.98%), Potassium: 277.85mg (7.94%), Fiber: 1.83g (7.32%), Vitamin B5: 0.31mg (3.08%)