



BLT Rollers

READY IN



15 min.

SERVINGS



15

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 4 oz philadelphia cream cheese softened ()
- 2 8-inch flour tortillas ()
- 0.3 cup real mayo mayonnaise kraft
- 0.5 cup romaine lettuce shredded
- 0.5 cup tomatoes chopped

Equipment

- bowl

Directions

- Mix cream cheese and mayo in medium bowl.
- Add bacon and tomatoes; mix well.
- Spread onto tortillas; top with lettuce.
- Roll up tightly.
- Cut each into 7 diagonal slices.

Nutrition Facts

PROTEIN 8.49% **FAT 77.84%** **CARBS 13.67%**

Properties

Glycemic Index:9.93, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:2.5856521544249%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 122.74kcal (6.14%), Fat: 10.61g (16.32%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.86g (1.4%), Sugar: 0.71g (0.79%), Cholesterol: 16.95mg (5.65%), Sodium: 175.54mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin K: 8.73µg (8.32%), Selenium: 4.62µg (6.6%), Vitamin A: 286.13IU (5.72%), Vitamin B1: 0.07mg (4.78%), Phosphorus: 41.44mg (4.14%), Vitamin B3: 0.81mg (4.07%), Vitamin B2: 0.05mg (2.87%), Folate: 10.13µg (2.53%), Vitamin B6: 0.04mg (2.24%), Manganese: 0.04mg (2.2%), Calcium: 19.16mg (1.92%), Iron: 0.34mg (1.89%), Vitamin E: 0.27mg (1.78%), Potassium: 58.1mg (1.66%), Zinc: 0.23mg (1.53%), Vitamin B12: 0.08µg (1.33%), Vitamin B5: 0.13mg (1.32%), Fiber: 0.33g (1.32%), Magnesium: 4.39mg (1.1%)