

# Blue Cheese Turkey Rolls

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



102 kcal

## Ingredients

- 3 tablespoons cheese blue crumbled
- 2 tablespoons cream cheese softened
- 2 slices deli turkey thin
- 1 tablespoon parsley fresh minced
- 1 Dash garlic powder
- 1.5 teaspoons cream sour
- 0.3 teaspoon worcestershire sauce

## Equipment

- bowl

plastic wrap

## Directions

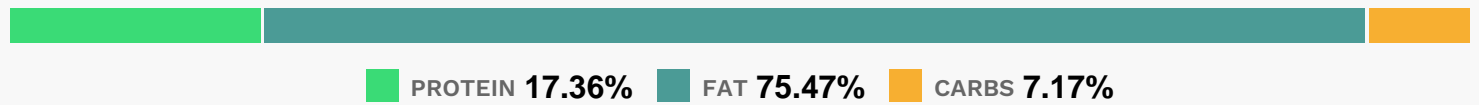
In a small bowl, combine the first five ingredients.

Spread over each slice of turkey; roll up each from a long side. Wrap in plastic wrap and refrigerate for 30 minutes or until chilled.

Cut into 1-in. slices. Dip one cut end into parsley.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:4.0104347661785%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 101.94kcal (5.1%), Fat: 8.66g (13.32%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.93g (1.03%), Cholesterol: 26.85mg (8.95%), Sodium: 273.47mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Vitamin K: 33.41µg (31.82%), Vitamin A: 462.61IU (9.25%), Phosphorus: 78.81mg (7.88%), Calcium: 77.02mg (7.7%), Vitamin B2: 0.08mg (4.79%), Selenium: 2.9µg (4.14%), Vitamin C: 2.79mg (3.38%), Zinc: 0.45mg (3.03%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.17µg (2.77%), Potassium: 83.85mg (2.4%), Folate: 8.39µg (2.1%), Magnesium: 7.32mg (1.83%), Iron: 0.31mg (1.7%), Copper: 0.03mg (1.6%), Vitamin B6: 0.03mg (1.47%), Vitamin E: 0.18mg (1.19%)