



Cheesy Onion Roll-Ups

 Vegetarian

READY IN



75 min.

SERVINGS



60

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 10 6-inch flour tortilla ()
- 0.8 cup spring onion sliced
- 1 tablespoon jalapeno minced seeded
- 1 tablespoon juice of lime
- 16 ounce picante sauce
- 0.5 cup cheddar cheese shredded
- 1 cup cream sour

Equipment

- bowl
- plastic wrap

Directions

- In a medium bowl, mix sour cream, cream cheese, Cheddar cheese, green onions, lime juice and jalapeno peppers.
- Spread one side of each tortilla with the sour cream mixture. Tightly roll each tortilla.
- Place rolled tortillas on a medium serving dish and cover with plastic wrap. Chill in the refrigerator at least 1 hour.
- Slice tortillas into 1 inch pieces.
- Serve with picante sauce.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.86, Inflammation Score:-1, Nutrition Score:1.455652176362%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 42.69kcal (2.13%), Fat: 2.78g (4.28%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.17g (1.15%), Sugar: 0.79g (0.88%), Cholesterol: 7.02mg (2.34%), Sodium: 105.82mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin K: 3.47µg (3.31%), Selenium: 1.93µg (2.75%), Vitamin A: 135.65IU (2.71%), Phosphorus: 24.55mg (2.46%), Calcium: 24.58mg (2.46%), Vitamin B2: 0.04mg (2.18%), Vitamin B1: 0.03mg (2.04%), Manganese: 0.04mg (1.82%), Folate: 6.66µg (1.67%), Vitamin B3: 0.32mg (1.62%), Fiber: 0.35g (1.41%), Iron: 0.24mg (1.34%), Potassium: 40.62mg (1.16%), Vitamin B6: 0.02mg (1.12%), Vitamin E: 0.16mg (1.08%)