



Cheesy Tortilla Roll-Up Snack

READY IN



10 min.

SERVINGS



10

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 stalk celery cut lengthwise into 4 thin sticks (5 inch)
- 2 slices oscar mayer deli honey ham fresh
- 1 singles cut in half kraft
- 1 tsp miracle whip dressing
- 0.3 cup grapes red seedless
- 16-inch tortillas whole wheat ()

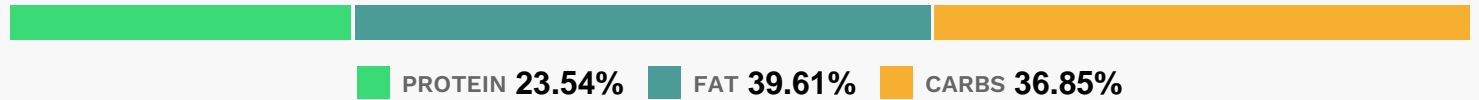
Equipment

- plastic wrap

Directions

- Spread tortilla with dressing; top with ham, Singles and 1 celery stick.
- Roll up tortilla; wrap in plastic wrap.
- Place in resealable container.
- Add remaining celery sticks and grapes to container. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:0.89347826009211%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 25.72kcal (1.29%), Fat: 1.14g (1.76%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.01g (1.12%), Cholesterol: 3.53mg (1.18%), Sodium: 91.18mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin B1: 0.04mg (2.53%), Selenium: 1.29µg (1.85%), Vitamin K: 1.91µg (1.82%), Phosphorus: 14.9mg (1.49%), Vitamin B6: 0.03mg (1.43%), Vitamin B3: 0.27mg (1.36%), Fiber: 0.29g (1.17%), Vitamin B2: 0.02mg (1.09%), Potassium: 36.51mg (1.04%)