



Chipper BBQ Ham Roll-Ups

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup spicy honey barbecue sauce kraft
- 12 slices oscar mayer deli ham smoked fresh
- 4 6-inch flour tortillas ()
- 16 potato chips
- 4 velveetaâ
- 4 velveetaâ

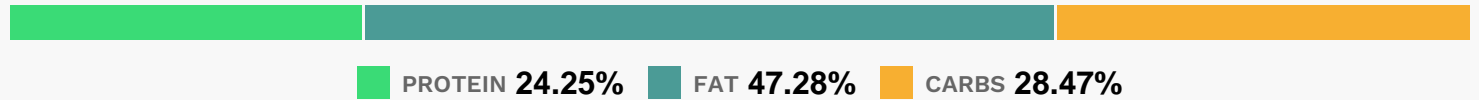
Equipment

- microwave

Directions

- Spread tortillas with barbecue sauce; top with remaining ingredients.
- Roll up.
- Place, seam sides down, on microwaveable plate.
- Microwave on HIGH 25 to 30 sec. or until VELVEETA begins to melt.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:3.75, Inflammation Score:-2, Nutrition Score:9.7686957069065%

Nutrients (% of daily need)

Calories: 281.76kcal (14.09%), Fat: 14.58g (22.43%), Saturated Fat: 4.86g (30.35%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 18.67g (6.79%), Sugar: 5.65g (6.28%), Cholesterol: 41.66mg (13.89%), Sodium: 1141.83mg (49.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.83g (33.65%), Vitamin B1: 0.54mg (35.74%), Selenium: 20.89µg (29.84%), Vitamin B3: 4.33mg (21.63%), Phosphorus: 201.98mg (20.2%), Vitamin B6: 0.3mg (15.03%), Vitamin B2: 0.23mg (13.39%), Zinc: 1.75mg (11.68%), Iron: 1.6mg (8.87%), Potassium: 301.45mg (8.61%), Manganese: 0.17mg (8.57%), Vitamin B12: 0.43µg (7.17%), Folate: 25.98µg (6.49%), Magnesium: 22.33mg (5.58%), Vitamin B5: 0.54mg (5.37%), Vitamin E: 0.76mg (5.04%), Copper: 0.1mg (5%), Calcium: 45.27mg (4.53%), Fiber: 1.09g (4.35%), Vitamin D: 0.47µg (3.14%), Vitamin K: 2.83µg (2.7%), Vitamin C: 0.92mg (1.11%)