



Christmas Tree Roll-Ups

READY IN



140 min.

SERVINGS



64

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz cream cheese softened
- 4 10-inch flour tortilla (8 to 10 inches in diameter)
- 0.3 cup basil fresh chopped
- 64 servings olives ripe
- 0.3 cup olives ripe chopped
- 0.3 cup parmesan shredded
- 0.5 cup roasted peppers red drained chopped (from 7.25-oz jar)

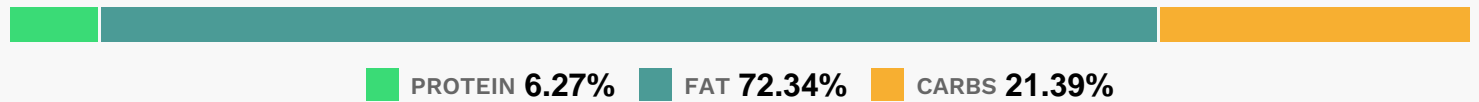
Equipment

- bowl
- plastic wrap
- toothpicks

Directions

- In medium bowl, mix all ingredients except tortillas and olive pieces. Divide mixture among tortillas, spreading to edges of tortillas.
- Roll up tightly. Press each tortilla roll into triangle shape, using fingers. Wrap in plastic wrap. Refrigerate at least 2 hours but no longer than 24 hours.
- To serve, cut rolls into 1/2-inch slices.
- Place olive piece at bottom of each triangle to look like tree trunk; secure with toothpick.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:1.4434782536295%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

Nutrients (% of daily need)

Calories: 57.3kcal (2.87%), Fat: 4.81g (7.41%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.41g (0.46%), Cholesterol: 3.84mg (1.28%), Sodium: 384.79mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin E: 0.81mg (5.43%), Fiber: 0.85g (3.38%), Vitamin A: 141.95IU (2.84%), Calcium: 25.74mg (2.57%), Selenium: 1.56µg (2.22%), Vitamin B1: 0.03mg (1.84%), Phosphorus: 16.61mg (1.66%), Copper: 0.03mg (1.59%), Iron: 0.28mg (1.55%), Vitamin B2: 0.02mg (1.39%), Folate: 5.31µg (1.33%), Vitamin B3: 0.25mg (1.27%), Manganese: 0.02mg (1.25%), Vitamin K: 1.07µg (1.02%)