



## Cracker Bread Rolls

READY IN



35 min.

SERVINGS



28

CALORIES



16 kcal

### Ingredients

- ☐ 1 round buttery crackers soft room temperature
- ☐ 4 oz cream cheese softened reduced-fat (Neufchâtel) (from 8-oz package)
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 4 oz finely-chopped ham cooked thinly sliced
- ☐ 12 large pkt spinach
- ☐ 0.5 medium bell pepper red cut into thin bite-size strips

### Equipment

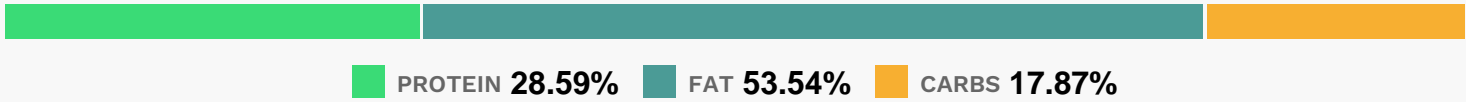
- ☐ bowl

☐ plastic wrap

Directions

- ☐ Cut cracker bread in half crosswise. In small bowl, mix cream cheese, basil and oregano.
- ☐ Spread half of cream cheese mixture on 1 cracker bread half to within 1/4 inch of edges.
- ☐ Arrange half of ham slices over cream cheese to within 1 inch of rounded edge. Top with 6 spinach leaves. Starting about 1 inch from straight edge, arrange half of bell pepper strips in rows parallel to straight edge.
- ☐ Starting with straight edge, roll up tightly. Wrap roll tightly in plastic wrap. Repeat with remaining ingredients to make second roll.
- ☐ Refrigerate rolls until firm enough to slice, at least 20 minutes.
- ☐ Cut rolls into 1-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:1.4673913335023%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 16.16kcal (0.81%), Fat: 0.97g (1.5%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.35g (0.38%), Cholesterol: 5.14mg (1.71%), Sodium: 62.84mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin K: 5.83µg (5.55%), Vitamin C: 3.79mg (4.59%), Vitamin A: 133.18IU (2.66%), Phosphorus: 19.69mg (1.97%), Vitamin B1: 0.03mg (1.7%), Manganese: 0.03mg (1.6%), Vitamin B12: 0.09µg (1.57%), Iron: 0.26mg (1.45%), Selenium: 0.99µg (1.41%), Vitamin B2: 0.02mg (1.33%), Calcium: 13.03mg (1.3%), Vitamin B6: 0.02mg (1.15%)