



Cracker Bread Rolls

READY IN



35 min.

SERVINGS



28

CALORIES



18 kcal

Ingredients

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

Equipment

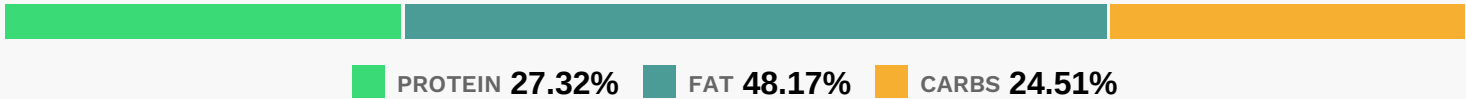
- ☐ bowl

☐ 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:4.56, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:1.5865217583335%

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: 18.37kcal (0.92%), Fat: 1g (1.53%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.39g (0.44%), Cholesterol: 5.14mg (1.71%), Sodium: 66.62mg (2.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin K: 5.83µg (5.55%), Vitamin C: 3.79mg (4.6%), Vitamin A: 133.2IU (2.66%), Manganese: 0.04mg (2.17%), Phosphorus: 20.69mg (2.07%), Vitamin B1: 0.03mg (1.94%), Selenium: 1.27µg (1.82%), Iron: 0.29mg (1.62%), Vitamin B12: 0.09µg (1.57%), Vitamin B2: 0.02mg (1.47%), Calcium: 14.11mg (1.41%), Vitamin B3: 0.24mg (1.22%), Vitamin B6: 0.02mg (1.2%), Folate: 4.42µg (1.1%), Potassium: 35.68mg (1.02%)