



## Easy Appetizer Bites

READY IN



70 min.

SERVINGS



10

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz philadelphia garden vegetable cream cheese spread
- 8 oz oscar mayer natural applewood ham smoked
- 9 clausen bread 'n butter pickle sandwich

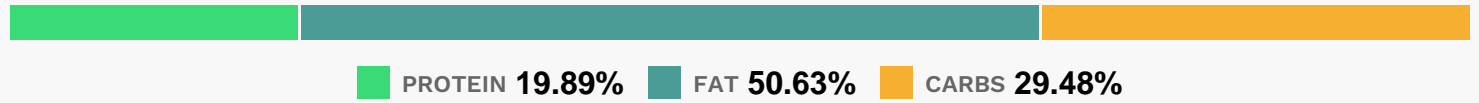
## Equipment

- paper towels
- plastic wrap
- toothpicks

## Directions

- Pat meat and pickle slices dry with paper towels.
- Spread each meat slice with about 2 tsp. cream cheese spread; top with 1 pickle slice.
- Roll up. Wrap tightly in plastic wrap.
- Refrigerate 1 hour.
- Cut each roll-up into 4 pieces to serve. Secure with toothpicks.

## Nutrition Facts



## Properties

Glycemic Index:7.48, Glycemic Load:7.89, Inflammation Score:-2, Nutrition Score:4.8834782958679%

## Nutrients (% of daily need)

Calories: 172.11kcal (8.61%), Fat: 9.53g (14.66%), Saturated Fat: 4.7g (29.38%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.96g (4.35%), Sugar: 1.9g (2.12%), Cholesterol: 28.12mg (9.37%), Sodium: 481.77mg (20.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Vitamin B1: 0.25mg (16.69%), Selenium: 10.37µg (14.81%), Vitamin B3: 2.08mg (10.41%), Calcium: 76.28mg (7.63%), Phosphorus: 73.96mg (7.4%), Manganese: 0.14mg (6.82%), Folate: 25.66µg (6.41%), Vitamin B2: 0.1mg (6.12%), Vitamin B6: 0.11mg (5.34%), Iron: 0.95mg (5.3%), Zinc: 0.72mg (4.83%), Vitamin A: 215.68IU (4.31%), Potassium: 91.19mg (2.61%), Magnesium: 10.38mg (2.6%), Vitamin B12: 0.15µg (2.42%), Copper: 0.05mg (2.34%), Vitamin B5: 0.22mg (2.24%), Fiber: 0.52g (2.07%), Vitamin D: 0.16µg (1.06%)