



Easy Cheesy Roll-Ups

READY IN



10 min.

SERVINGS



1

CALORIES



712 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

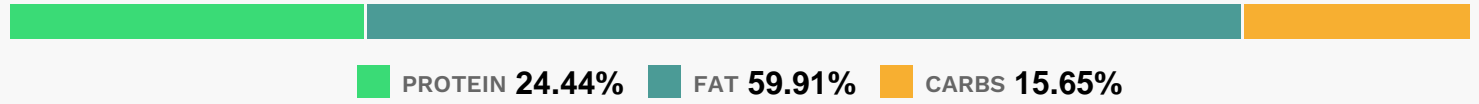
- 6 slices oscar mayer deli bold brown sugar ham fresh
- 1 romaine leaves
- 2 Tbsp pineapple in juice canned crushed drained
- 1 Tbsp planters walnuts chopped
- 1 8-inch tortillas whole wheat ()
- 2 Tbsp philadelphia

Equipment

Directions

- Spread tortilla with reduced-fat cream cheese.
- Top with remaining ingredients; roll up.
- Cut in half.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:23.158260749734%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg

Nutrients (% of daily need)

Calories: 712.08kcal (35.6%), Fat: 47.37g (72.87%), Saturated Fat: 17.41g (108.8%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 23.88g (8.69%), Sugar: 7.58g (8.43%), Cholesterol: 133.45mg (44.48%), Sodium: 2341.24mg (101.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.48g (86.97%), Vitamin B1: 1.1mg (73.64%), Selenium: 41.38µg (59.12%), Vitamin A: 2183.21IU (43.66%), Phosphorus: 434.18mg (43.42%), Vitamin B3: 7.81mg (39.06%), Vitamin B6: 0.75mg (37.73%), Zinc: 4.43mg (29.53%), Vitamin B2: 0.48mg (28.42%), Manganese: 0.44mg (22.01%), Vitamin B12: 1.14µg (18.98%), Potassium: 646.07mg (18.46%), Iron: 3.04mg (16.91%), Copper: 0.34mg (16.76%), Fiber: 3.96g (15.83%), Magnesium: 57.88mg (14.47%), Calcium: 134.17mg (13.42%), Vitamin B5: 0.99mg (9.9%), Vitamin C: 7.23mg (8.76%), Vitamin D: 1.18µg (7.84%), Folate: 28.05µg (7.01%), Vitamin E: 1mg (6.68%), Vitamin K: 1.09µg (1.03%)