



## Easy Peasy Ham and Cheesy Bites

READY IN



15 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup peas sweet frozen
- 2 oz cheddar cheese shredded
- 3 tablespoons salad dressing reduced-fat
- 0.3 teaspoon salt
- 11 oz flour tortilla for burritos (8 count)
- 4 oz deli honey ham very thinly sliced

### Equipment

- food processor

plastic wrap

spatula

## Directions

Cook peas as directed on bag; rinse with cold water to cool.

Drain well.

Place peas, cheese, mayonnaise and salt in food processor. Cover; process until smooth, stopping occasionally to scrape down sides with rubber spatula.

Spread about 3 tablespoons mixture over each tortilla. Arrange ham over spread, covering entire tortilla.

Roll up tightly; wrap each in plastic wrap. Refrigerate until ready to serve.

Unwrap rolls; cut into slices. Cover and refrigerate any remaining slices.

## Nutrition Facts



**PROTEIN 16.66%** **FAT 41.28%** **CARBS 42.06%**

## Properties

Glycemic Index:26.33, Glycemic Load:13.66, Inflammation Score:-6, Nutrition Score:17.563912904781%

## Nutrients (% of daily need)

Calories: 432.22kcal (21.61%), Fat: 19.65g (30.23%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 40.23g (14.63%), Sugar: 5.47g (6.07%), Cholesterol: 35.69mg (11.9%), Sodium: 1221.37mg (53.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.84g (35.69%), Vitamin B1: 0.66mg (44.2%), Selenium: 28.49µg (40.69%), Phosphorus: 331.86mg (33.19%), Vitamin K: 32.39µg (30.85%), Vitamin B3: 5.48mg (27.38%), Manganese: 0.54mg (26.98%), Folate: 100.67µg (25.17%), Vitamin B2: 0.39mg (23.11%), Calcium: 225.85mg (22.59%), Iron: 3.66mg (20.31%), Fiber: 4.81g (19.22%), Vitamin C: 14.53mg (17.62%), Zinc: 2.04mg (13.61%), Vitamin B6: 0.22mg (11.24%), Magnesium: 38.33mg (9.58%), Vitamin A: 440.16IU (8.8%), Copper: 0.17mg (8.66%), Potassium: 283.78mg (8.11%), Vitamin B12: 0.33µg (5.53%), Vitamin B5: 0.35mg (3.54%), Vitamin D: 0.28µg (1.89%), Vitamin E: 0.26mg (1.7%)