



Gluten-Free Basil and Roasted Red Pepper Bites

 Gluten Free

READY IN



145 min.

SERVINGS



25

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 ounces deli honey ham thinly sliced
- 3 tablespoons cream cheese reduced-fat (from 8-ounce container)
- 0.7 ounce basil fresh
- 0.3 cup roasted peppers red dry (from 12-ounce jar)
- 5 pieces individual string cheese sticks ()

Equipment

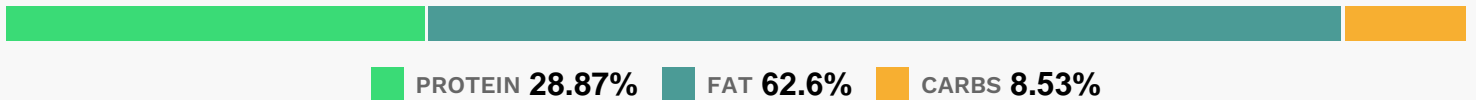
- paper towels

- plastic wrap
- toothpicks
- serrated knife

Directions

- Stack 2 slices ham on work surface; pat dry with paper towel.
- Spread evenly with 1 1/2 to 2 teaspoons cream cheese. Top with basil leaves to within 1 inch of top edge.
- Cut pepper into 1-inch strips; cut to fit width of ham.
- Place pepper strips across bottom edge of ham.
- Place cheese piece above pepper on basil leaves; trim to fit.
- Beginning at bottom, roll up securely. Wrap in plastic wrap. Repeat with remaining ingredients to make 5 rolls. Refrigerate 2 hours.
- Unwrap rolls; place seam sides down.
- Cut each roll into 5 pieces with sharp serrated knife. If desired, pierce each roll with 5 evenly spaced toothpicks before cutting.

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.68478261193504%

Nutrients (% of daily need)

Calories: 11.59kcal (0.58%), Fat: 0.8g (1.24%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.11g (0.12%), Cholesterol: 2.84mg (0.95%), Sodium: 67.27mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.67%), Vitamin K: 3.16µg (3.01%), Vitamin B1: 0.02mg (1.23%), Vitamin C: 1mg (1.22%), Vitamin A: 59.55IU (1.19%), Selenium: 0.72µg (1.03%)