



## Green Chile Roll-Ups

 Popular

READY IN



10 min.

SERVINGS



10

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

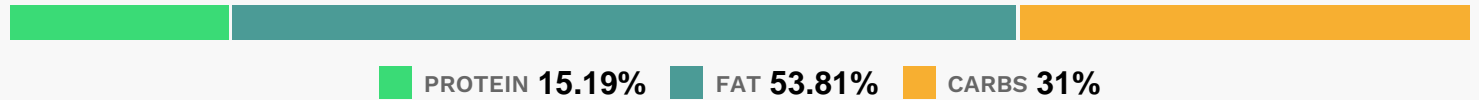
- 2 Tbsp chiles green canned drained chopped
- 0.3 tsp ground cumin
- 4 oz philadelphia neufchatel cheese softened ()
- 0.5 cup pasilla peppers red finely chopped
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely
- 4 6-inch tortillas whole wheat ()

### Equipment

## Directions

- Mix Neufchatel, chiles and cumin until blended; spread onto tortillas.
- Top with remaining ingredients.
- Roll up tortillas tightly.
- Cut each crosswise into 5 slices.

## Nutrition Facts



## Properties

Glycemic Index:9.1, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:2.7869565363811%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 81.38kcal (4.07%), Fat: 4.93g (7.58%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.49g (1.99%), Sugar: 1.14g (1.26%), Cholesterol: 15.07mg (5.02%), Sodium: 200.35mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin C: 10.57mg (12.81%), Vitamin A: 364.69IU (7.29%), Calcium: 70.8mg (7.08%), Vitamin B2: 0.09mg (5.19%), Phosphorus: 43.44mg (4.34%), Fiber: 0.91g (3.62%), Vitamin B6: 0.06mg (3.1%), Vitamin B12: 0.16µg (2.68%), Iron: 0.42mg (2.32%), Folate: 9.04µg (2.26%), Zinc: 0.33mg (2.22%), Selenium: 1.48µg (2.12%), Vitamin B5: 0.16mg (1.64%), Vitamin B1: 0.02mg (1.25%), Potassium: 41.89mg (1.2%), Vitamin E: 0.18mg (1.19%)