



## Green Onion Wraps

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**12**

CALORIES



**72 kcal**

**SIDE DISH**

### Ingredients

- 12 slices corned beef ribs
- 8 ounce cream cheese softened
- 12 spring onion

### Equipment

### Directions

- Trim the green onion stalks so that only a small amount of green remains.

- Fold the corned beef slices in half to form triangles.
- Spread the slices with equal amounts of cream cheese.
- Place the green onions on the cream cheese.
- Roll the corned beef slices so that the green onion stalks stick out slightly.
- Serve chilled.

## Nutrition Facts

**PROTEIN 8.28%**

**FAT 81.3%**

**CARBS 10.42%**

### Properties

Glycemic Index:4.92, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:2.7130435057308%

### Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

### Nutrients (% of daily need)

Calories: 71.97kcal (3.6%), Fat: 6.67g (10.27%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.99g (1.1%), Cholesterol: 19.63mg (6.54%), Sodium: 73.43mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin K: 25.24µg (24.04%), Vitamin A: 373.46IU (7.47%), Vitamin B2: 0.05mg (3.21%), Vitamin C: 2.53mg (3.06%), Selenium: 1.89µg (2.7%), Calcium: 27.04mg (2.7%), Phosphorus: 25.83mg (2.58%), Folate: 9.43µg (2.36%), Potassium: 61.04mg (1.74%), Vitamin E: 0.23mg (1.52%), Fiber: 0.31g (1.25%), Vitamin B5: 0.12mg (1.22%), Iron: 0.22mg (1.2%), Zinc: 0.17mg (1.13%), Manganese: 0.02mg (1.07%), Magnesium: 4.24mg (1.06%), Vitamin B6: 0.02mg (1.04%)