



## Ham and Cheese Lettuce Wraps

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tsp olives black chopped
- 6 slices oscar mayer deli ham smoked fresh
- 2 Tbsp free non-fat mozzarella cheese shredded kraft
- 2 large leaf lettuce leaves
- 2 tsp onions finely chopped
- 2 Tbsp philadelphia

### Equipment

- toothpicks

## Directions

- Spread reduced-fat cream cheese onto lettuce.
- Top with remaining ingredients; roll up. Secure with toothpicks, if desired.

## Nutrition Facts

**PROTEIN 33.91%** **FAT 63.63%** **CARBS 2.46%**

## Properties

Glycemic Index:5.4, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.1065217156125%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 56.76kcal (2.84%), Fat: 3.97g (6.1%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.18g (0.2%), Cholesterol: 13.88mg (4.63%), Sodium: 245.94mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Vitamin B1: 0.1mg (6.85%), Selenium: 4.63µg (6.62%), Phosphorus: 58.66mg (5.87%), Vitamin B3: 0.76mg (3.8%), Zinc: 0.52mg (3.48%), Vitamin B6: 0.07mg (3.44%), Calcium: 33.07mg (3.31%), Vitamin B2: 0.05mg (3.12%), Vitamin B12: 0.14µg (2.35%), Potassium: 56.4mg (1.61%), Vitamin A: 71.86IU (1.44%), Magnesium: 4.6mg (1.15%)