



Ham and Cheese Tortilla Roll-Ups (lighter)

READY IN



10 min.

SERVINGS



5

CALORIES



550 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

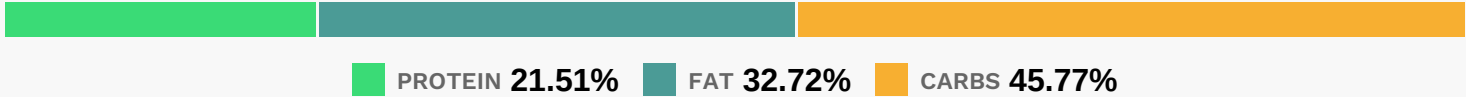
- ☐ 10 ounce finely-chopped ham fully cooked
- ☐ 10 8-inch flour tortilla fat-free (6 to 8 inches in diameter)
- ☐ 0.3 cup salad dressing reduced-fat
- ☐ 6 ounces cheddar cheese shredded reduced-fat
- ☐ 0.3 cup cream fat-free sour
- ☐ 11 ounces corn whole with red and green peppers, drained green giant® steamcrisp® niblets® mexicorn® canned

Equipment

Directions

- ☐ Mix cheese, mayonnaise, sour cream and corn.
- ☐ Top each tortilla with 1 slice ham.
- ☐ Spread 2 tablespoons corn mixture over ham. Top with cilantro.
- ☐ Roll up.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:15.92, Inflammation Score:-5, Nutrition Score:21.5799999949621%

Nutrients (% of daily need)

Calories: 550.2kcal (27.51%), Fat: 19.69g (30.29%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 58.39g (21.23%), Sugar: 4.51g (5.01%), Cholesterol: 53.77mg (17.92%), Sodium: 1807.63mg (78.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.24%), Phosphorus: 583.79mg (58.38%), Selenium: 39.51µg (56.45%), Vitamin B1: 0.83mg (55.44%), Vitamin B3: 7.03mg (35.17%), Calcium: 309.84mg (30.98%), Vitamin B2: 0.52mg (30.85%), Folate: 120.68µg (30.17%), Manganese: 0.57mg (28.37%), Iron: 4.49mg (24.94%), Vitamin K: 26.16µg (24.91%), Zinc: 2.66mg (17.71%), Vitamin C: 14.31mg (17.34%), Vitamin B12: 1µg (16.68%), Fiber: 3.58g (14.33%), Magnesium: 47.8mg (11.95%), Potassium: 402.7mg (11.51%), Vitamin B6: 0.22mg (11.15%), Copper: 0.2mg (9.95%), Vitamin B5: 0.72mg (7.25%), Vitamin A: 121.95IU (2.44%)