



Ham and Garlic Cheese Roll Salad



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



291 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

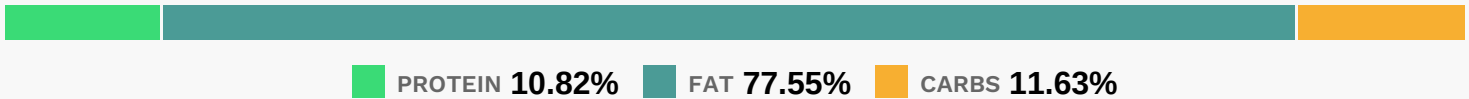
- ☐ 4 tablespoons alouette garlic & herbs spreadable cheese light with garlic and herbs (from 4 to 6.5-oz. container)
- ☐ 2 oz finely-chopped ham cooked thin (from deli)
- ☐ 4 cups the salad (from 8-oz. pkg.)
- ☐ 10 cherry tomatoes cut in half
- ☐ 0.3 cup balsamic vinaigrette salad dressing

Equipment

Directions

- ☐ Spread 1 tablespoon spreadable cheese on one side of each slice of ham.
- ☐ Roll up ham; cut each roll into quarters.
- ☐ Divide salad greens evenly onto individual serving plates. Top each with 8 ham rolls and 10 cherry tomato halves.
- ☐ Drizzle with salad dressing.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:11.471304395924%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 290.65kcal (14.53%), Fat: 25.97g (39.95%), Saturated Fat: 7.85g (49.05%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 8.17g (2.97%), Sugar: 2.9g (3.22%), Cholesterol: 45.7mg (15.23%), Sodium: 482.9mg (21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Vitamin C: 44.55mg (53.99%), Vitamin K: 33.26µg (31.67%), Vitamin A: 1324.45IU (26.49%), Phosphorus: 137.78mg (13.78%), Vitamin B1: 0.2mg (13.66%), Vitamin E: 1.92mg (12.78%), Potassium: 405.06mg (11.57%), Manganese: 0.22mg (11.01%), Folate: 41.5µg (10.38%), Vitamin B6: 0.2mg (10.19%), Selenium: 6.86µg (9.8%), Vitamin B3: 1.9mg (9.5%), Vitamin B2: 0.13mg (7.42%), Iron: 1.32mg (7.35%), Copper: 0.14mg (6.8%), Vitamin B12: 0.4µg (6.66%), Zinc: 0.92mg (6.13%), Magnesium: 22.4mg (5.6%), Vitamin B5: 0.45mg (4.53%), Fiber: 0.6g (2.38%), Calcium: 21.45mg (2.15%)