



Ham and Jack Roll-Ups

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices d deli ham
- 4 slices monterrey jack cheese thin
- 10 servings bell pepper
- 2 medium zucchini

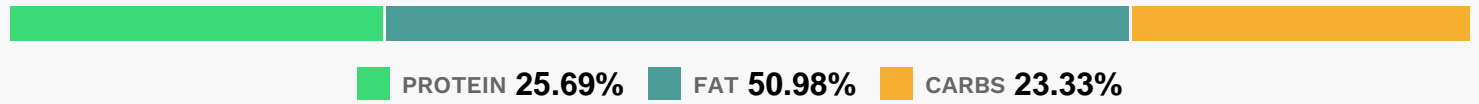
Equipment

- toothpicks
- peeler

Directions

- Trim ends of zucchini and discard. Using a vegetable peeler, slice zucchini lengthwise into 16 paper-thin slices; place in a single layer on a work surface. (Discard first slice of peel and seedy center.) Wrap and chill remaining zucchini for another use.
- Stack ham slices and cut into 4 long strips. Repeat with cheese slices.
- Sprinkle zucchini slices with pepper.
- Lay a ham strip in center of a zucchini slice and top with a cheese strip. Starting at one end of zucchini strip, roll it into a tight spiral; secure with a toothpick. Repeat.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:1.08, Inflammation Score:-9, Nutrition Score:12.742608681969%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 95.03kcal (4.75%), Fat: 5.62g (8.65%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 3.83g (1.39%), Sugar: 4.16g (4.63%), Cholesterol: 16.91mg (5.64%), Sodium: 206.26mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Vitamin C: 102.38mg (124.09%), Vitamin A: 2497.12IU (49.94%), Vitamin B6: 0.33mg (16.6%), Folate: 46.03µg (11.51%), Phosphorus: 107.96mg (10.8%), Vitamin B2: 0.17mg (9.92%), Calcium: 95.82mg (9.58%), Vitamin E: 1.29mg (8.62%), Potassium: 300.61mg (8.59%), Vitamin B1: 0.13mg (8.46%), Fiber: 1.96g (7.83%), Manganese: 0.16mg (7.78%), Vitamin B3: 1.42mg (7.08%), Selenium: 4.32µg (6.17%), Zinc: 0.91mg (6.05%), Vitamin K: 5.62µg (5.35%), Magnesium: 21.15mg (5.29%), Vitamin B5: 0.39mg (3.91%), Iron: 0.64mg (3.57%), Vitamin B12: 0.16µg (2.74%), Copper: 0.05mg (2.32%)