



## Ham Pinwheels

READY IN



135 min.

SERVINGS



15

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz philadelphia cream cheese softened
- 4 tsp chives fresh chopped
- 4 slices oscar mayer ham boiled
- 40 ritz crackers

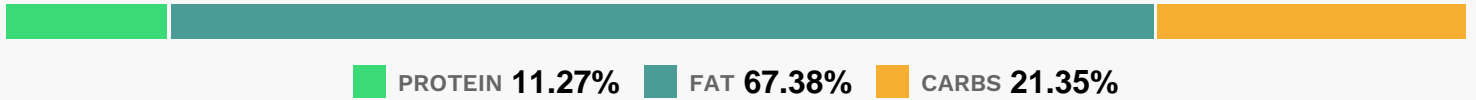
## Equipment

- plastic wrap

## Directions

- Spread each ham slice with 1/4 cup of the cream cheese, spreading cream cheese to completely cover each ham slice.
- Sprinkle each with 1 tsp. of the chives.
- Roll up tightly, beginning at short end. Wrap tightly in plastic wrap. Refrigerate at least 2 hours.
- Cut each roll crosswise into 10 slices.
- Place 1 slice on each cracker.

## Nutrition Facts



### Properties

Glycemic Index:4.8, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:2.4747826262661%

### Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 110.5kcal (5.53%), Fat: 8.31g (12.79%), Saturated Fat: 3.94g (24.61%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 5.74g (2.09%), Sugar: 1.22g (1.36%), Cholesterol: 19.9mg (6.63%), Sodium: 206.67mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin B1: 0.08mg (5.59%), Phosphorus: 54.15mg (5.42%), Selenium: 3.37µg (4.81%), Vitamin K: 4.89µg (4.65%), Vitamin A: 214.67IU (4.29%), Vitamin B2: 0.07mg (4.28%), Vitamin B3: 0.74mg (3.69%), Vitamin E: 0.44mg (2.91%), Calcium: 27.75mg (2.78%), Iron: 0.44mg (2.46%), Manganese: 0.05mg (2.35%), Vitamin B6: 0.04mg (2.1%), Zinc: 0.3mg (1.99%), Folate: 7.62µg (1.91%), Vitamin B5: 0.15mg (1.51%), Potassium: 51.62mg (1.47%), Vitamin B12: 0.08µg (1.35%), Magnesium: 4.41mg (1.1%)