



Ham Roll Ups I

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



421 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds ham cooked thinly sliced
- 24 ounce cream cheese softened
- 3 tablespoons horseradish prepared
- 2 tablespoons onion finely chopped
- 8 ounce cup heavy whipping cream sour

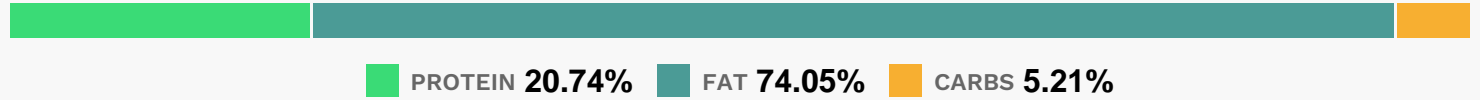
Equipment

- bowl
- toothpicks

Directions

- In a medium bowl, blend the cream cheese, horseradish, onion and sour cream.
- Spread the mixture onto the ham slices. Tightly roll the slices and secure with toothpicks.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:13.668260823125%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 421.17kcal (21.06%), Fat: 34.75g (53.46%), Saturated Fat: 17.58g (109.89%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 5.32g (1.93%), Sugar: 3.78g (4.2%), Cholesterol: 148.32mg (49.44%), Sodium: 1287.45mg (55.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.81%), Phosphorus: 356.91mg (35.69%), Selenium: 24.79µg (35.41%), Vitamin B1: 0.5mg (33.48%), Vitamin C: 22.61mg (27.41%), Vitamin B12: 1.48µg (24.61%), Vitamin B2: 0.41mg (24.24%), Vitamin A: 1055.19IU (21.1%), Vitamin B3: 3.33mg (16.63%), Zinc: 2.48mg (16.53%), Vitamin B6: 0.29mg (14.27%), Vitamin B5: 1.26mg (12.63%), Potassium: 387.07mg (11.06%), Calcium: 97.33mg (9.73%), Magnesium: 28.86mg (7.21%), Copper: 0.12mg (6.16%), Iron: 0.88mg (4.92%), Vitamin E: 0.67mg (4.48%), Folate: 13.15µg (3.29%), Manganese: 0.06mg (3.04%), Vitamin K: 1.84µg (1.75%)