



## Ham Rolls

 Gluten Free

READY IN



10 min.

SERVINGS



25

CALORIES



41 kcal

### Ingredients

- 5 slices finely-chopped ham cooked
- 8 ounce cream cheese softened
- 5 spring onion

### Equipment

### Directions

- Lay the ham slices on a flat surface and spread with cream cheese.
- Place one green onion on each ham slice.

- Roll the ham slices tightly.
- Cut into bite sized pieces and serve.

## Nutrition Facts

**PROTEIN 16.05%** **FAT 77.4%** **CARBS 6.55%**

### Properties

Glycemic Index:2.36, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.3600000039391%

### Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

### Nutrients (% of daily need)

Calories: 40.86kcal (2.04%), Fat: 3.55g (5.46%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.4g (0.44%), Cholesterol: 13.25mg (4.42%), Sodium: 93.55mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Vitamin K: 5.16µg (4.91%), Vitamin A: 145.76IU (2.92%), Selenium: 1.9µg (2.72%), Phosphorus: 26.95mg (2.69%), Vitamin B1: 0.03mg (2.21%), Vitamin C: 1.76mg (2.13%), Vitamin B2: 0.04mg (2.12%), Vitamin B12: 0.1µg (1.65%), Zinc: 0.18mg (1.2%), Vitamin B3: 0.22mg (1.1%), Calcium: 10.86mg (1.09%), Vitamin B6: 0.02mg (1.04%), Vitamin B5: 0.1mg (1.02%)