

Herbed Tortilla Rounds

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



165 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter softened
- 1 tablespoons chives minced
- 8 ounces cream cheese softened
- 0.3 teaspoon optional: dill
- 0.1 teaspoon thyme dried
- 5 6-inch flour tortilla (es)
- 1 tablespoons parsley fresh minced
- 0.5 teaspoon garlic powder

10 servings bell pepper to taste

Equipment

bowl

plastic wrap

Directions

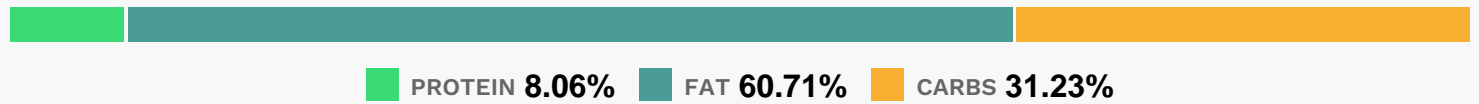
In a small bowl, beat cream cheese and butter.

Add seasonings; mix well.

Spread evenly over tortillas.

Roll up tightly and wrap in plastic wrap. Refrigerate until firm. Unwrap; cut into 3/4-in. slices.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:3.63, Inflammation Score:-9, Nutrition Score:12.521304335283%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 165.49kcal (8.27%), Fat: 11.5g (17.7%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 11.18g (4.07%), Sugar: 4.55g (5.06%), Cholesterol: 28.93mg (9.64%), Sodium: 202.93mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.87%), Vitamin C: 96.08mg (116.46%), Vitamin A: 2754.58IU (55.09%), Folate: 51.53µg (12.88%), Vitamin K: 12.82µg (12.21%), Vitamin B6: 0.24mg (12.09%), Vitamin E: 1.44mg (9.62%), Vitamin B2: 0.16mg (9.4%), Fiber: 2.13g (8.51%), Manganese: 0.16mg (8.21%), Vitamin B1: 0.12mg (8.16%), Selenium: 5.44µg (7.77%), Phosphorus: 76.26mg (7.63%), Vitamin B3: 1.42mg (7.12%), Potassium: 211.57mg (6.04%), Iron: 0.94mg (5.24%), Calcium: 50.97mg (5.1%), Vitamin B5: 0.4mg (3.97%), Magnesium: 14.81mg (3.7%), Zinc: 0.39mg (2.62%), Copper: 0.03mg (1.72%)