

Holiday Roll Ups

 Vegetarian

READY IN



70 min.

SERVINGS



35

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 35 servings pepper black freshly ground
- ☐ 2 packages cream cheese softened
- ☐ 5 flour tortillas
- ☐ 0.5 cup bell peppers diced green finely
- ☐ 2 green onions sliced
- ☐ 1 package ranch dressing mix
- ☐ 0.5 cup bell peppers diced red finely

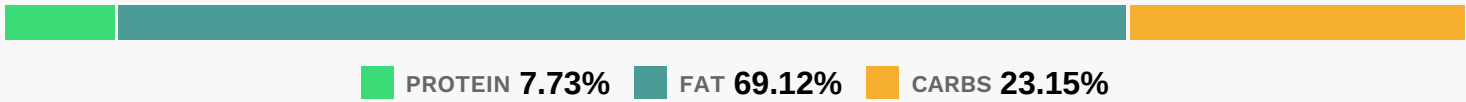
Equipment

☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix the cream cheese, ranch dressing mix and the black pepper together thoroughly.
- ☐ Spread the mixture on the tortillas, and then sprinkle over the diced bell peppers and green onions.
- ☐ Roll up tightly, wrap in plastic wrap and refrigerate until party time (for at least 1 hour).
- ☐ Slice into small wheels and serve.

Nutrition Facts



Properties

Glycemic Index:4.77, Glycemic Load:0.92, Inflammation Score:-2, Nutrition Score:1.6682608943918%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 61.99kcal (3.1%), Fat: 4.8g (7.38%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.34g (1.22%), Sugar: 0.8g (0.89%), Cholesterol: 13.04mg (4.35%), Sodium: 132.37mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin C: 4.56mg (5.53%), Vitamin A: 255.34IU (5.11%), Selenium: 2.08µg (2.97%), Vitamin B2: 0.04mg (2.64%), Phosphorus: 24.04mg (2.4%), Vitamin K: 2.42µg (2.31%), Manganese: 0.04mg (2.07%), Calcium: 20.08mg (2.01%), Vitamin B1: 0.03mg (1.83%), Folate: 6.84µg (1.71%), Vitamin B3: 0.24mg (1.18%), Iron: 0.21mg (1.14%), Fiber: 0.27g (1.1%), Vitamin B6: 0.02mg (1.07%), Vitamin E: 0.16mg (1.05%)