



Hot Ham and Cheese Roll-Ups

READY IN



23 min.

SERVINGS



23

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 slices oscar mayer deli ham smoked fresh
- 4 singles cut in half kraft
- 8 oz crescent dinner rolls refrigerated canned

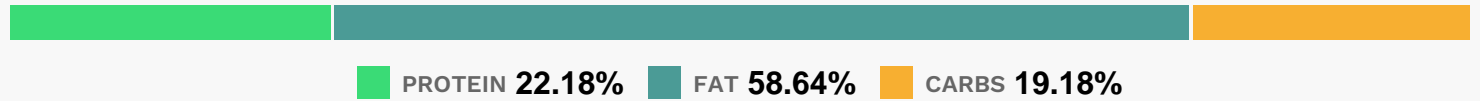
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 375F.
- Separate dough into 8 triangles. Stack 2 ham slices; wrap around 1 Singles piece.
- Place, lengthwise, on dough triangle; roll up. Repeat with remaining ingredients.
- Place, seam-sides down, on foil-covered baking sheet.
- Bake 11 to 13 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8278261021427%

Nutrients (% of daily need)

Calories: 82.1kcal (4.11%), Fat: 5.39g (8.29%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.96g (1.44%), Sugar: 1g (1.11%), Cholesterol: 12.1mg (4.03%), Sodium: 310.87mg (13.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Vitamin B1: 0.12mg (7.8%), Selenium: 4.42µg (6.32%), Vitamin B3: 0.87mg (4.34%), Phosphorus: 43.29mg (4.33%), Vitamin B6: 0.07mg (3.7%), Zinc: 0.46mg (3.04%), Vitamin B2: 0.04mg (2.56%), Vitamin B12: 0.12µg (2.08%), Iron: 0.29mg (1.63%), Potassium: 56.12mg (1.6%)