



Mexican Cream Cheese Rollups

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



330 kcal

SIDE DISH

Ingredients

- 2.3 ounce olives black chopped canned
- 8 ounce cream cheese softened
- 8 10-inch flour tortilla ()
- 0.7 cup olive green pitted chopped
- 6 spring onion chopped
- 0.3 cup mayonnaise
- 0.5 cup salsa

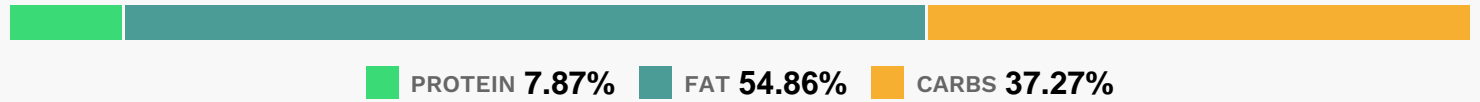
Equipment

bowl

Directions

- In a medium bowl, mix together cream cheese, mayonnaise, green olives, black olives and green onions.
- Spread cream cheese mixture in a thin layer onto each tortilla.
- Roll up tortillas. Chill about 1 hour, or until the filling is firm.
- Slice chilled rollups into 1 inch pieces.
- Serve with salsa for dipping.

Nutrition Facts



Properties

Glycemic Index:14.3, Glycemic Load:9.21, Inflammation Score:-5, Nutrition Score:9.8234781431763%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 329.89kcal (16.49%), Fat: 20.25g (31.16%), Saturated Fat: 7.41g (46.3%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 28.07g (10.21%), Sugar: 3.72g (4.13%), Cholesterol: 26.04mg (8.68%), Sodium: 857.13mg (37.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.07%), Vitamin K: 32.34µg (30.8%), Selenium: 14.91µg (21.3%), Vitamin B1: 0.3mg (19.96%), Manganese: 0.31mg (15.29%), Folate: 60.64µg (15.16%), Phosphorus: 148.63mg (14.86%), Vitamin B3: 2.72mg (13.58%), Vitamin B2: 0.22mg (13.09%), Iron: 2.31mg (12.83%), Calcium: 121.18mg (12.12%), Fiber: 2.89g (11.55%), Vitamin A: 504.06IU (10.08%), Vitamin E: 1.22mg (8.16%), Magnesium: 19.52mg (4.88%), Copper: 0.1mg (4.83%), Potassium: 161.3mg (4.61%), Vitamin B6: 0.08mg (3.92%), Zinc: 0.48mg (3.21%), Vitamin B5: 0.27mg (2.69%), Vitamin C: 1.6mg (1.94%)