



Party Roll-Ups

READY IN



130 min.

SERVINGS



10

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup baby spinach leaves
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 4 10-inch spinach-flavored flour tortillas ()
- 0.3 cup athenos reduced fat feta cheese crumbled
- 6 oz salmon smoked thinly sliced

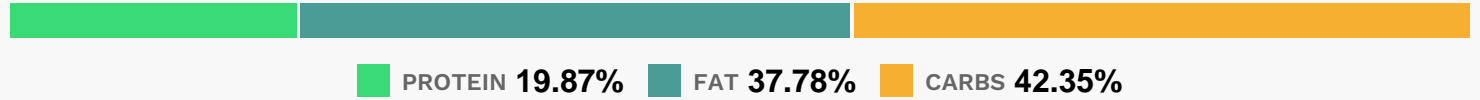
Equipment

- plastic wrap

Directions

- Mix cream cheese spread and feta cheese until well blended; spread onto tortillas. Top with salmon and spinach.
- Roll up tortillas tightly; wrap individually in plastic wrap. Refrigerate 2 hours.
- Cut each roll-up crosswise into 12 pieces to serve.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:4.38, Inflammation Score:-4, Nutrition Score:6.7969564769579%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 142.46kcal (7.12%), Fat: 5.91g (9.1%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 13.87g (5.04%), Sugar: 1.54g (1.71%), Cholesterol: 12.96mg (4.32%), Sodium: 427.95mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (14%), Vitamin D: 2.91µg (19.39%), Selenium: 11.79µg (16.84%), Vitamin K: 16.52µg (15.74%), Vitamin B3: 2.06mg (10.31%), Vitamin B1: 0.15mg (9.81%), Vitamin B12: 0.55µg (9.24%), Phosphorus: 87.05mg (8.7%), Manganese: 0.17mg (8.41%), Folate: 32.48µg (8.12%), Vitamin A: 403.93IU (8.08%), Iron: 1.24mg (6.9%), Vitamin B2: 0.1mg (5.99%), Calcium: 59.34mg (5.93%), Fiber: 1.05g (4.18%), Copper: 0.07mg (3.61%), Vitamin B6: 0.07mg (3.48%), Magnesium: 11.59mg (2.9%), Potassium: 81.51mg (2.33%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.29mg (1.94%), Zinc: 0.22mg (1.45%), Vitamin C: 0.84mg (1.02%)