



PHILADELPHIA Creamy Tortilla Roll-Ups

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 3 8-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 0.5 tsp garlic powder
- 1 cup taco bellâ® refried beans fat free 99%
- 16 oz taco bellâ® & chunky mild salsa thick

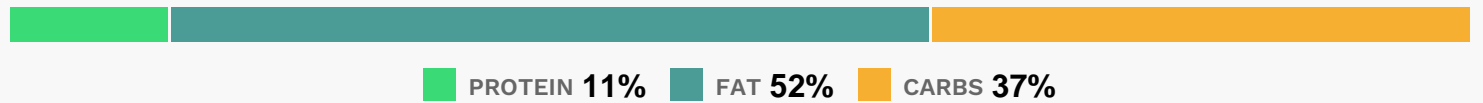
Equipment

- plastic wrap

Directions

- Mix cream cheese and garlic powder until blended.
- Spread tortillas with beans, then cream cheese mixture. Top with cilantro; roll up tightly. Wrap individually in plastic wrap.
- Refrigerate 30 min.
- Cut each roll-up into 10 slices.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:3.04, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:1.0686956566313%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 34.67kcal (1.73%), Fat: 2.03g (3.12%), Saturated Fat: 1.12g (7%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.83g (0.93%), Cholesterol: 5.09mg (1.7%), Sodium: 137.7mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin A: 126.49IU (2.53%), Fiber: 0.53g (2.12%), Selenium: 1.29µg (1.84%), Phosphorus: 15.81mg (1.58%), Manganese: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.47%), Vitamin B2: 0.02mg (1.45%), Calcium: 14.52mg (1.45%), Vitamin B3: 0.27mg (1.35%), Iron: 0.22mg (1.24%), Vitamin B6: 0.02mg (1.16%), Vitamin E: 0.17mg (1.13%), Potassium: 37.78mg (1.08%), Folate: 4.12µg (1.03%)