



Pickle Roll-Ups

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 clausen kosher dill pickle spears
- ☐ 6 oz oscar mayer ham smoked
- ☐ 0.5 cup philadelphia 1/3 less fat than cream cheese ()

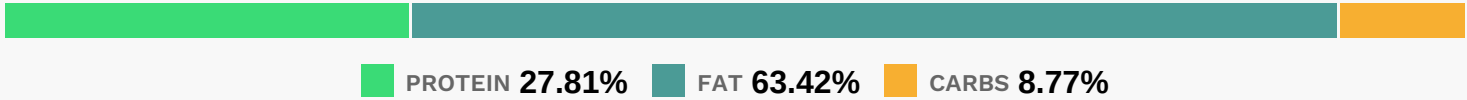
Equipment

- ☐ toothpicks

Directions

- ☐
- Spread ham with reduced-fat cream cheese, using about 1 Tbsp. cream cheese for each slice.
- ☐
- Cut each pickle spear lengthwise in half; place 1 half on each ham slice.
- ☐
- Roll up. Refrigerate 1 hour.
- ☐
- Cut each roll-up into 4 pieces. Secure with toothpicks, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.7717391174773%

Nutrients (% of daily need)

Calories: 68.57kcal (3.43%), Fat: 4.8g (7.39%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.23g (0.45%), Sugar: 1.03g (1.15%), Cholesterol: 17.03mg (5.68%), Sodium: 455.07mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Vitamin B1: 0.12mg (7.95%), Selenium: 4.34µg (6.2%), Phosphorus: 58.8mg (5.88%), Vitamin B2: 0.07mg (4.39%), Vitamin K: 4.5µg (4.29%), Vitamin B3: 0.8mg (4.01%), Vitamin B6: 0.08mg (3.94%), Vitamin B12: 0.22µg (3.65%), Calcium: 32.99mg (3.3%), Zinc: 0.49mg (3.28%), Potassium: 107.41mg (3.07%), Vitamin A: 113.82IU (2.28%), Vitamin B5: 0.19mg (1.92%), Magnesium: 6.01mg (1.5%), Iron: 0.23mg (1.27%), Copper: 0.02mg (1.24%), Folate: 4.87µg (1.22%), Fiber: 0.26g (1.04%), Vitamin D: 0.16µg (1.03%)