



Pickled Okra-Ham Rolls

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



15

CALORIES



86 kcal

Ingredients

- 8 oz whipped cream cheese with chives
- 0.5 pound virginia ham thinly sliced
- 16 oz pickled okra

Equipment

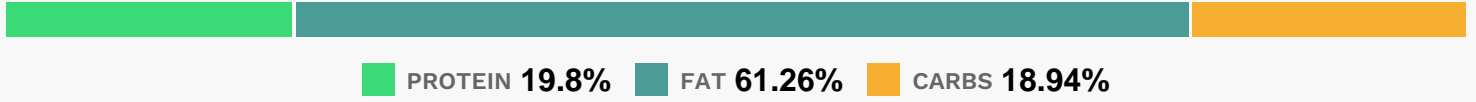
- paper towels

Directions

- Drain pickled okra, and pat dry with paper towels.

- Spread about 3 Tbsp. whipped cream cheese on 1 side of each ham slice, leaving a 1/4-inch border on all sides. Trim ends off pickled okra.
- Place 2 okra, end to end, across one short side of each ham slice; roll up, jelly-roll fashion. Cover and chill ham rolls at least 4 hours or up to 24 hours. Slice each ham roll into 1-inch pieces before serving.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:4.8299999962682%

Flavonoids

Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 85.58kcal (4.28%), Fat: 5.95g (9.16%), Saturated Fat: 3g (18.77%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.17g (1.15%), Sugar: 1.66g (1.84%), Cholesterol: 20.87mg (6.96%), Sodium: 182.8mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.24mg (12.03%), Vitamin B1: 0.16mg (10.46%), Vitamin K: 9.75µg (9.29%), Vitamin C: 6.96mg (8.43%), Vitamin B6: 0.13mg (6.43%), Phosphorus: 64.26mg (6.43%), Vitamin A: 320.08IU (6.4%), Selenium: 3.86µg (5.51%), Magnesium: 21.77mg (5.44%), Vitamin B3: 0.99mg (4.94%), Folate: 19.05µg (4.76%), Potassium: 155.88mg (4.45%), Calcium: 41.13mg (4.11%), Zinc: 0.58mg (3.88%), Fiber: 0.97g (3.87%), Vitamin B2: 0.06mg (3.61%), Copper: 0.05mg (2.35%), Vitamin B12: 0.14µg (2.34%), Vitamin B5: 0.19mg (1.89%), Iron: 0.33mg (1.81%), Vitamin E: 0.23mg (1.55%), Vitamin D: 0.17µg (1.11%)