



Pizza Rollups

READY IN



10 min.

SERVINGS



4

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 basil leaves
- ☐ 4 servings olives black sliced
- ☐ 4 flour tortillas
- ☐ 0.5 cup parmesan grated
- ☐ 1 jar pizza sauce
- ☐ 1 teaspoon pepper flakes red crushed

Equipment

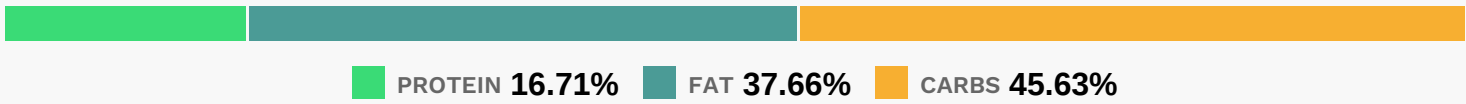
- ☐ oven

☐ toaster

Directions

- ☐ Spread the pizza sauce evenly over the tortillas. Roughly tear the basil leaves over the sauce.
- ☐ Sprinkle black olives over sauce. Divide the cheese and red pepper flakes, if using, evenly over top.
- ☐ Roll tortillas up and then heat in a toaster oven until cheese has melted.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:7.71, Inflammation Score:-7, Nutrition Score:12.980000015186%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 212.1kcal (10.61%), Fat: 9.27g (14.26%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 25.28g (8.43%), Net Carbohydrates: 20.84g (7.58%), Sugar: 7.41g (8.23%), Cholesterol: 8.5mg (2.83%), Sodium: 1547.07mg (67.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.51%), Vitamin E: 3.43mg (22.88%), Calcium: 228.36mg (22.84%), Vitamin A: 1081.68IU (21.63%), Phosphorus: 196.97mg (19.7%), Fiber: 4.44g (17.76%), Manganese: 0.35mg (17.28%), Iron: 3.02mg (16.78%), Potassium: 573.23mg (16.38%), Vitamin B3: 3.15mg (15.77%), Selenium: 10.81µg (15.44%), Vitamin C: 11.98mg (14.52%), Vitamin B2: 0.24mg (14.29%), Vitamin B1: 0.2mg (13.48%), Copper: 0.26mg (13.06%), Folate: 45.39µg (11.35%), Vitamin B6: 0.21mg (10.65%), Magnesium: 40.8mg (10.2%), Vitamin K: 9.6µg (9.14%), Vitamin B5: 0.64mg (6.41%), Zinc: 0.91mg (6.06%), Vitamin B12: 0.15µg (2.5%)