



Pizza Rollups

READY IN



45 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds chopped
- ☐ 5 ounce ham diced cooked
- ☐ 4 8-inch flour tortillas ()
- ☐ 1 small bell pepper diced green
- ☐ 8 ounce dole pineapple tidbits drained canned
- ☐ 0.3 cup pizza sauce
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 1 medium tomatoes diced

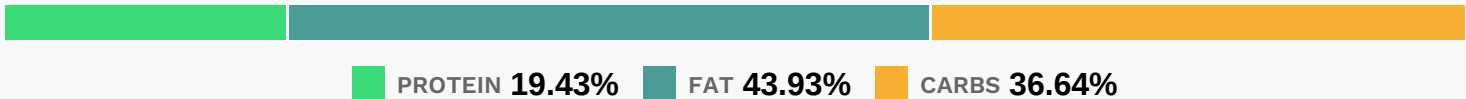
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Stir together first 5 ingredients.
- ☐ Brush tortillas with pizza sauce.
- ☐ Spread one-fourth of tomato mixture down center of each tortilla; sprinkle with cheese.
- ☐ Roll up, and place, seam side down, in a lightly greased 13- x 9-inch pan.
- ☐ Bake at 350 for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:8.84, Inflammation Score:-7, Nutrition Score:18.716521812522%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 425.9kcal (21.29%), Fat: 21.01g (32.33%), Saturated Fat: 7.71g (48.17%), Carbohydrates: 39.44g (13.15%), Net Carbohydrates: 34.88g (12.68%), Sugar: 12.46g (13.84%), Cholesterol: 44.37mg (14.79%), Sodium: 1049.08mg (45.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.82%), Vitamin B1: 0.58mg (38.65%), Selenium: 24.92µg (35.6%), Phosphorus: 343.42mg (34.34%), Vitamin C: 25.49mg (30.89%), Manganese: 0.54mg (27.18%), Calcium: 260.29mg (26.03%), Vitamin B2: 0.44mg (25.71%), Vitamin B3: 4.77mg (23.86%), Vitamin E:

2.94mg (19.57%), Fiber: 4.55g (18.21%), Iron: 3.07mg (17.04%), Folate: 65.6µg (16.4%), Magnesium: 63.79mg (15.95%), Zinc: 2.37mg (15.77%), Vitamin B6: 0.31mg (15.55%), Vitamin B12: 0.87µg (14.55%), Copper: 0.29mg (14.31%), Potassium: 473.19mg (13.52%), Vitamin A: 610.98IU (12.22%), Vitamin K: 8.95µg (8.52%), Vitamin B5: 0.42mg (4.2%), Vitamin D: 0.36µg (2.41%)