



Quick Tortilla-String Cheese Snack

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 stick polly-o milk mozzarella string cheese 2% kraft
- 1 Tbsp strawberry jam
- 1 6-inch tortillas whole wheat ()

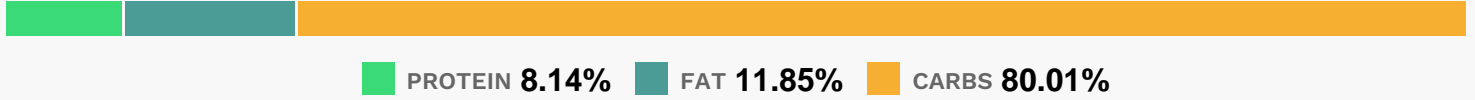
Equipment

- microwave

Directions

- Spread tortilla with jam; top with cheese.
- Roll up.
- Place, seam-side down, on microwaveable plate.
- Microwave on HIGH 15 sec. or just until warmed.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:7.46, Inflammation Score:-1, Nutrition Score:1.1756521928246%

Nutrients (% of daily need)

Calories: 132.15kcal (6.61%), Fat: 1.75g (2.69%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 24.55g (8.93%), Sugar: 10.87g (12.08%), Cholesterol: 0.18mg (0.06%), Sodium: 175.55mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Fiber: 1.97g (7.88%), Calcium: 59.83mg (5.98%), Iron: 0.73mg (4.03%), Vitamin C: 1.76mg (2.13%), Vitamin B2: 0.02mg (1.07%), Phosphorus: 10.36mg (1.04%), Copper: 0.02mg (1.02%)