



Rainbow Roll-Ups

 **Gluten Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



2

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

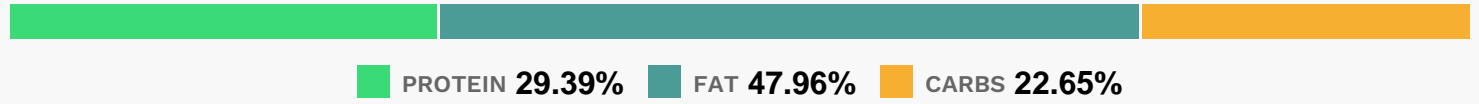
- 6 slices oscar mayer deli ham smoked fresh
- 2 singles kraft
- 2 leaf lettuce leaves
- 1 Tbsp miracle whip dressing
- 4 pepper strips red
- 1 10-inch tomato-flavored tortilla ()

Equipment

Directions

- Spread tortilla with dressing.
- Top with remaining ingredients; roll up tightly.
- Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:2.99, Inflammation Score:-10, Nutrition Score:25.776087066402%

Flavonoids

Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 275.85kcal (13.79%), Fat: 15.06g (23.17%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 10.82g (3.93%), Sugar: 10.92g (12.13%), Cholesterol: 52.96mg (17.65%), Sodium: 1086.33mg (47.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.53%), Vitamin C: 304.82mg (369.48%), Vitamin A: 7554.43IU (151.09%), Vitamin B6: 1.01mg (50.64%), Vitamin B1: 0.63mg (42.29%), Vitamin B3: 6.08mg (30.41%), Folate: 112.38µg (28.09%), Selenium: 19.31µg (27.59%), Vitamin E: 4.07mg (27.11%), Phosphorus: 251.56mg (25.16%), Vitamin B2: 0.39mg (23.04%), Potassium: 750.64mg (21.45%), Fiber: 5.18g (20.7%), Zinc: 2.57mg (17.14%), Manganese: 0.28mg (14.07%), Vitamin B5: 1.14mg (11.38%), Magnesium: 44.65mg (11.16%), Vitamin K: 11.66µg (11.11%), Iron: 1.79mg (9.96%), Vitamin B12: 0.54µg (8.96%), Copper: 0.11mg (5.51%), Vitamin D: 0.59µg (3.92%), Calcium: 31.57mg (3.16%)