



Ranch Ham Roll-Ups

READY IN



45 min.

SERVINGS



30

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce cream cheese softened
- 22 slices deli honey ham thin
- 11 8-inch flour tortilla ()
- 3 spring onion chopped
- 1 ounce ranch seasoning

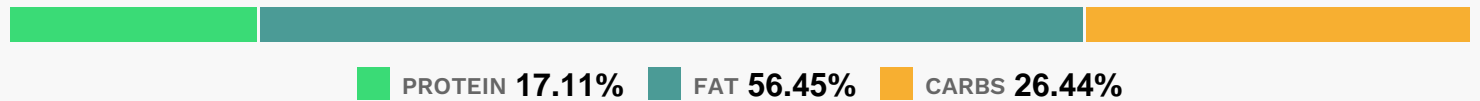
Equipment

- mixing bowl
- plastic wrap

Directions

- In a small mixing bowl, beat the cream cheese and salad dressing mix until smooth.
- Add onions; mix well.
- Spread about 3 tablespoons over each tortilla; top each with two ham slices.
- Roll up tightly and wrap in plastic wrap. Refrigerate until firm. Unwrap and cut into 3/4-in. slices.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:3.16, Inflammation Score:-2, Nutrition Score:4.8008695516897%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 163.05kcal (8.15%), Fat: 10.14g (15.6%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 10g (3.64%), Sugar: 1.29g (1.43%), Cholesterol: 28mg (9.33%), Sodium: 499.9mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.83%), Vitamin B1: 0.22mg (14.77%), Selenium: 10.14µg (14.48%), Phosphorus: 99.09mg (9.91%), Vitamin B3: 1.76mg (8.81%), Vitamin B2: 0.13mg (7.87%), Folate: 20.32µg (5.08%), Iron: 0.89mg (4.95%), Manganese: 0.1mg (4.94%), Vitamin B6: 0.1mg (4.91%), Calcium: 44.27mg (4.43%), Zinc: 0.66mg (4.37%), Vitamin A: 215.02IU (4.3%), Vitamin K: 4.15µg (3.95%), Potassium: 105.37mg (3.01%), Vitamin B12: 0.16µg (2.74%), Fiber: 0.69g (2.74%), Magnesium: 9.62mg (2.4%), Vitamin B5: 0.21mg (2.12%), Copper: 0.04mg (2.01%), Vitamin E: 0.21mg (1.4%)