



Roast Beef and Swiss Tortilla Roll-Ups

READY IN



10 min.

SERVINGS



16

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 8-inch flour tortilla ()
- ☐ 2 large leaf romaine leaves
- ☐ 16 servings toppings: such as pickles
- ☐ 2 tablespoons ranch dressing
- ☐ 2 teaspoons onion diced red
- ☐ 4 oz pan drippings from roast beef preferably thinly sliced
- ☐ 3 oz swiss cheese

Equipment

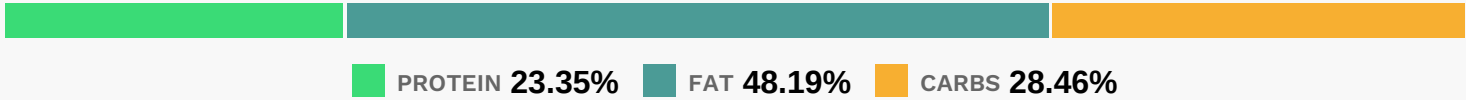
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toothpicks

Directions

- ☐ Spread 1 tablespoon dressing on each tortilla, covering entire surface. Top each with lettuce leaf and half of beef, cheese and onion.
- ☐ Roll up each tortilla tightly.
- ☐ To serve, cut roll-ups into 1-inch slices. Insert cocktail toothpick into each to secure.
- ☐ Serve with pickle wedges.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:1.02, Inflammation Score:-2, Nutrition Score:4.0434782975556%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 64.88kcal (3.24%), Fat: 3.52g (5.41%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.8g (1.38%), Sugar: 1.17g (1.3%), Cholesterol: 9.47mg (3.16%), Sodium: 705.56mg (30.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin K: 13.97µg (13.3%), Calcium: 112.19mg (11.22%), Phosphorus: 71.32mg (7.13%), Vitamin C: 4.6mg (5.57%), Selenium: 3.56µg (5.09%), Vitamin B2: 0.08mg (4.8%), Vitamin B12: 0.28µg (4.74%), Vitamin B1: 0.07mg (4.46%), Vitamin B3: 0.88mg (4.42%), Zinc: 0.6mg (3.98%), Fiber: 0.88g (3.51%), Vitamin A: 173.04IU (3.46%), Manganese: 0.07mg (3.26%), Folate: 12.49µg (3.12%), Potassium: 106.19mg (3.03%), Iron: 0.54mg (3.02%), Vitamin B6: 0.06mg (2.95%), Magnesium: 9.33mg (2.33%), Copper: 0.03mg (1.57%), Vitamin B5: 0.1mg (1.02%), Vitamin E: 0.15mg (1.01%)