



Roll-Up Ham Cheese Bites

READY IN



15 min.

SERVINGS



4

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz colby cheese
- ☐ 2.5 oz finely-chopped ham cooked thinly sliced
- ☐ 0.5 cup dijon honey mustard refrigerated
- ☐ 4 slices sandwich bread white
- ☐ 4 servings frangelico
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Equipment

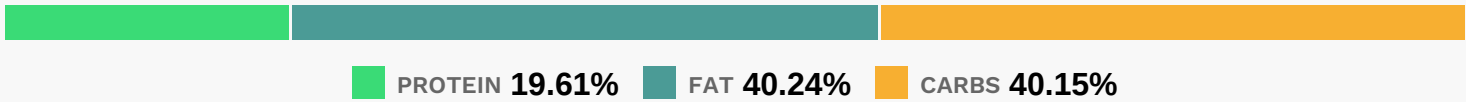
- ☐ toothpicks

☐ rolling pin

Directions

- ☐ Cut crusts from bread slices. With rolling pin, roll out each bread slice to 1/4-inch thickness.
- ☐ Place 1/4 of the ham on each bread slice. Top each with cheese stick; roll up.
- ☐ Place toothpicks at 1-inch intervals, starting 1/2 inch from end.
- ☐ Cut into pieces between toothpicks.
- ☐ Serve with salad dressing for dipping.

Nutrition Facts



Properties

Glycemic Index:18.69, Glycemic Load:8.77, Inflammation Score:-3, Nutrition Score:7.7004347469496%

Nutrients (% of daily need)

Calories: 267.85kcal (13.39%), Fat: 11.35g (17.46%), Saturated Fat: 6.23g (38.96%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 24.9g (9.06%), Sugar: 7.71g (8.56%), Cholesterol: 39.87mg (13.29%), Sodium: 650.75mg (28.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.89%), Calcium: 248.01mg (24.8%), Phosphorus: 209.55mg (20.95%), Selenium: 13.42µg (19.17%), Vitamin B1: 0.22mg (14.99%), Vitamin B2: 0.21mg (12.26%), Zinc: 1.49mg (9.9%), Vitamin B3: 1.85mg (9.23%), Folate: 33.38µg (8.35%), Vitamin B12: 0.49µg (8.09%), Manganese: 0.16mg (7.99%), Iron: 1.21mg (6.7%), Vitamin A: 282.04IU (5.64%), Vitamin C: 4.13mg (5%), Vitamin B6: 0.09mg (4.54%), Magnesium: 17.84mg (4.46%), Vitamin B5: 0.35mg (3.48%), Potassium: 115.04mg (3.29%), Copper: 0.06mg (3.16%), Fiber: 0.57g (2.3%), Vitamin D: 0.17µg (1.13%)