



Rolled Vegetable Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 carrots cut into thin strips
- ☐ 8 ounce cream cheese softened
- ☐ 1 cucumber cut into thin strips
- ☐ 8 6-inch flour tortilla ()
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.3 pound pkt spinach fresh rinsed drained
- ☐ 11 ounce corn whole drained canned

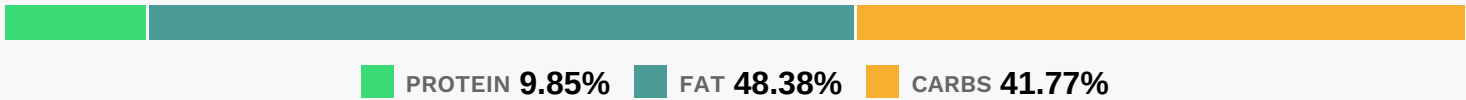
Equipment

☐ aluminum foil

Directions

- ☐ Spread tortillas with cream cheese; top with spinach and next 3 ingredients.
- ☐ Sprinkle with salt and pepper; fold bottom one-third of tortilla over filling, and roll up jellyroll fashion. Wrap sandwich in heavy-duty aluminum foil; cover and chill.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:5.99, Inflammation Score:-10, Nutrition Score:15.325652371282%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 237.16kcal (11.86%), Fat: 12.88g (19.81%), Saturated Fat: 6.71g (41.94%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 22.74g (8.27%), Sugar: 3.84g (4.27%), Cholesterol: 28.63mg (9.54%), Sodium: 473.77mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Vitamin A: 5558.74IU (111.17%), Vitamin K: 77.04µg (73.37%), Folate: 79.16µg (19.79%), Manganese: 0.37mg (18.43%), Vitamin B1: 0.2mg (13.41%), Selenium: 9.33µg (13.33%), Phosphorus: 131.04mg (13.1%), Vitamin B2: 0.21mg (12.07%), Vitamin B3: 2mg (9.99%), Calcium: 99.23mg (9.92%), Iron: 1.75mg (9.71%), Potassium: 324.28mg (9.27%), Fiber: 2.28g (9.12%), Vitamin C: 7.2mg (8.72%), Magnesium: 31.99mg (8%), Vitamin B6: 0.11mg (5.6%), Copper: 0.1mg (5.23%), Vitamin E: 0.69mg (4.63%), Zinc: 0.6mg (4.03%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.06µg (1.04%)