



Salami, Cream Cheese, and Pepperoncini Roll-Ups

 Gluten Free  Popular

READY IN



10 min.

SERVINGS



18

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 18 slices pepperoncini peppers drained to taste
- 18 slices genoa salami thinly sliced

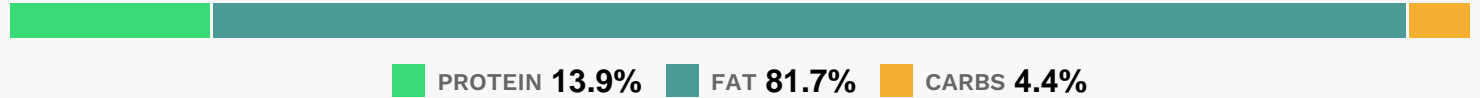
Equipment

- toothpicks

Directions

- Spread about 1 1/2 teaspoon softened cream cheese over a slice of salami; top with 1 to 3 slices of pepperoncini pepper.
- Roll the salami around the cheese and pepper; secure with toothpick. Repeat with remaining ingredients; serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.06, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.9300000103919%

Nutrients (% of daily need)

Calories: 81kcal (4.05%), Fat: 7.37g (11.34%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.49g (0.55%), Cholesterol: 19.84mg (6.61%), Sodium: 243.09mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Vitamin B1: 0.09mg (5.83%), Selenium: 3.37µg (4.82%), Vitamin B12: 0.28µg (4.66%), Vitamin B2: 0.06mg (3.48%), Vitamin A: 172.62IU (3.45%), Phosphorus: 34.41mg (3.44%), Vitamin B6: 0.06mg (3.01%), Zinc: 0.44mg (2.96%), Vitamin B3: 0.53mg (2.64%), Vitamin B5: 0.17mg (1.7%), Potassium: 53.21mg (1.52%), Calcium: 13.53mg (1.35%)