



## Salsa Roll-Ups

READY IN



10 min.

SERVINGS



10

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 tsp chili powder
- 4 6-inch flour tortillas ()
- 4 oz philadelphia neufchatel cheese softened ()
- 3 Tbsp taco bellâ® & chunky salsa thick
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely

### Equipment

### Directions

- Mix Neufchatel and salsa until blended; spread onto tortillas.
- Top with remaining ingredients; roll up tightly.
- Cut each roll-up into 5 slices.

## Nutrition Facts



## Properties

Glycemic Index:8.8, Glycemic Load:2.06, Inflammation Score:-2, Nutrition Score:2.9426087118361%

## Nutrients (% of daily need)

Calories: 87.04kcal (4.35%), Fat: 5.17g (7.96%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.48g (2.36%), Sugar: 1.02g (1.13%), Cholesterol: 15.07mg (5.02%), Sodium: 248.23mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.35%), Calcium: 69.5mg (6.95%), Vitamin B2: 0.12mg (6.89%), Phosphorus: 67.57mg (6.76%), Selenium: 4.2µg (6.01%), Vitamin B1: 0.08mg (5.1%), Folate: 15.5µg (3.88%), Manganese: 0.07mg (3.49%), Vitamin B3: 0.7mg (3.48%), Vitamin A: 172.95IU (3.46%), Iron: 0.53mg (2.96%), Vitamin B6: 0.05mg (2.72%), Vitamin B12: 0.16µg (2.68%), Zinc: 0.39mg (2.58%), Fiber: 0.54g (2.16%), Vitamin B5: 0.17mg (1.69%), Magnesium: 6.11mg (1.53%), Potassium: 52.13mg (1.49%), Vitamin K: 1.49µg (1.42%), Copper: 0.02mg (1.11%)