



Sandwich Roller

READY IN



5 min.

SERVINGS



5

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

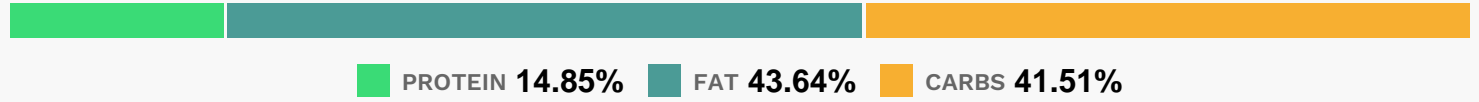
- 1 slice oscar mayer bologna
- 1 6-inch flour tortilla ()
- 1 singles kraft
- 1 romaine leaves
- 1 Tbsp miracle whip dressing
- 1 Tbsp taco bellâ® & chunky salsa thick

Equipment

Directions

- Spread tortilla with dressing and salsa.
- Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:1.8078260719776%

Nutrients (% of daily need)

Calories: 40.36kcal (2.02%), Fat: 1.95g (3%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.79g (1.38%), Sugar: 1g (1.11%), Cholesterol: 3.68mg (1.23%), Sodium: 150.69mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Vitamin A: 383.92IU (7.68%), Selenium: 2.78µg (3.97%), Vitamin B1: 0.05mg (3.23%), Phosphorus: 26.04mg (2.6%), Manganese: 0.05mg (2.46%), Vitamin B3: 0.47mg (2.33%), Folate: 7.94µg (1.99%), Vitamin B2: 0.03mg (1.99%), Iron: 0.35mg (1.93%), Calcium: 17.87mg (1.79%), Vitamin B12: 0.1µg (1.7%), Vitamin B6: 0.03mg (1.57%), Fiber: 0.38g (1.54%), Potassium: 45.78mg (1.31%), Zinc: 0.18mg (1.22%), Vitamin C: 0.98mg (1.18%)