



Savory Pickle Wrappers

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



38 kcal

SIDE DISH

Ingredients

- 2 slices oscar mayer ham smoked
- 1 claussen kosher dill sandwich
- 1 Tbsp philadelphia

Equipment

- toothpicks

Directions

- Stack ham slices.
- Spread top slice with cream cheese.
- Place pickle slice on cream cheese along edge of meat; roll up. Secure with toothpicks.
- Cut into quarters.

Nutrition Facts

PROTEIN 28.05% **FAT 69.93%** **CARBS 2.02%**

Properties

Glycemic Index:5.4, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.1947826045039%

Nutrients (% of daily need)

Calories: 37.53kcal (1.88%), Fat: 2.88g (4.43%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 0.19g (0.06%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.13g (0.14%), Cholesterol: 9.87mg (3.29%), Sodium: 153.36mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin B1: 0.07mg (4.58%), Selenium: 2.79µg (3.99%), Phosphorus: 27.3mg (2.73%), Vitamin B3: 0.5mg (2.52%), Vitamin B6: 0.04mg (2.23%), Vitamin B2: 0.03mg (1.9%), Zinc: 0.28mg (1.84%), Vitamin B12: 0.08µg (1.3%), Potassium: 37.43mg (1.07%)