



Skinny Pepper Roll-Ups

 Vegetarian

READY IN



150 min.

SERVINGS



24

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon skim milk fat-free
- ☐ 8 8-inch flour tortilla plain whole wheat
- ☐ 0.3 cup basil fresh snipped
- ☐ 2 cloves garlic minced
- ☐ 4 ounces goat cheese soft (chèvre)
- ☐ 0.5 cup roasted peppers sweet red drained finely chopped
- ☐ 2 cups pkt spinach fresh packed

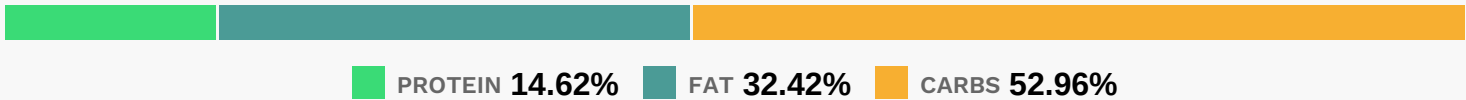
Equipment

- ☐ bowl
- ☐ knife
- ☐ hand mixer

Directions

- ☐ For filling: In a medium bowl, beat cream cheese with an electric mixer on medium to high speed for 30 seconds.
- ☐ Add goat cheese, milk, garlic, and black pepper; beat until smooth. Stir in red peppers and basil.
- ☐ To assemble roll-ups, divide filling among tortillas and spread to within 1/2 inch of edges. Arrange spinach leaves over filling to cover. Carefully roll up tortillas tightly. Cover and chill roll-ups for 2 to 24 hours.
- ☐ To tote, place roll-ups in an insulated container with ice packs. To serve, use a sharp knife to cut each roll-up crosswise into six pieces (48 pieces total).

Nutrition Facts



Properties

Glycemic Index:9.64, Glycemic Load:2.7, Inflammation Score:-3, Nutrition Score:3.5260870288248%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 66.29kcal (3.31%), Fat: 2.38g (3.66%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 8.04g (2.92%), Sugar: 0.72g (0.8%), Cholesterol: 2.19mg (0.73%), Sodium: 184.72mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin K: 14.46µg (13.77%), Manganese: 0.13mg (6.28%), Vitamin A: 313IU (6.26%), Vitamin B1: 0.09mg (6.16%), Selenium: 4.01µg (5.72%), Folate: 22.06µg (5.51%), Phosphorus: 50.15mg (5.01%), Iron: 0.81mg (4.51%), Vitamin B2: 0.07mg (4.28%), Vitamin B3: 0.81mg (4.05%), Calcium: 36.92mg (3.69%), Copper: 0.06mg (3.07%), Fiber: 0.7g (2.8%), Vitamin C: 2.18mg (2.64%), Vitamin B6:

0.04mg (1.79%), Magnesium: 7.12mg (1.78%), Potassium: 43.75mg (1.25%), Zinc: 0.16mg (1.07%)