



## Smoked Ham and Pineapple Salsa Roll-Ups

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 tsp bull's-eye original barbecue sauce
- 16 slices oscar mayer deli ham smoked fresh
- 4 8-inch flour tortillas ()
- 2 Tbsp real mayo mayonnaise kraft
- 0.3 cup well-drained pineapple canned crushed
- 0.3 cup taco bellâ® & chunky salsa thick

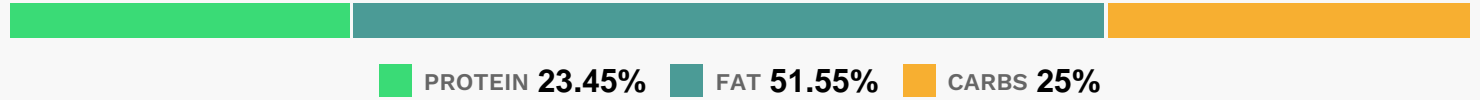
### Equipment

- toothpicks

## Directions

- Combine pineapple and salsa.
- Mix mayo and barbecue sauce; spread onto tortillas to within 1/4 inch of edges. Top with ham and pineapple mixture; roll up.
- Cut each roll-up crosswise into 4 pieces. Secure with toothpicks.

## Nutrition Facts



## Properties

Glycemic Index:8.4, Glycemic Load:3.19, Inflammation Score:-2, Nutrition Score:6.9739130528077%

## Nutrients (% of daily need)

Calories: 198.93kcal (9.95%), Fat: 11.24g (17.29%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 11.34g (4.12%), Sugar: 2.53g (2.81%), Cholesterol: 28.94mg (9.65%), Sodium: 762.75mg (33.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.5g (23.01%), Vitamin B1: 0.38mg (25.39%), Selenium: 14.89µg (21.27%), Vitamin B3: 3mg (15.01%), Phosphorus: 141.37mg (14.14%), Vitamin B6: 0.2mg (9.99%), Vitamin B2: 0.16mg (9.5%), Zinc: 1.17mg (7.83%), Iron: 1.19mg (6.63%), Vitamin K: 6.32µg (6.02%), Manganese: 0.12mg (5.86%), Folate: 21.25µg (5.31%), Potassium: 182.92mg (5.23%), Vitamin B12: 0.29µg (4.83%), Magnesium: 15.15mg (3.79%), Fiber: 0.93g (3.7%), Calcium: 36.57mg (3.66%), Copper: 0.07mg (3.55%), Vitamin B5: 0.26mg (2.59%), Vitamin E: 0.35mg (2.32%), Vitamin D: 0.32µg (2.13%)