



Spicy Tortilla Roll-Ups

 Vegetarian

READY IN



75 min.

SERVINGS



60

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounce olives black chopped canned
- 8 ounce cream cheese softened
- 10 10-inch flour tortillas ()
- 3 tablespoons cilantro leaves fresh chopped
- 4 ounce chiles diced green canned
- 2 green onions minced
- 3 tablespoons pepper sauce hot
- 4 ounce pimento peppers drained sliced

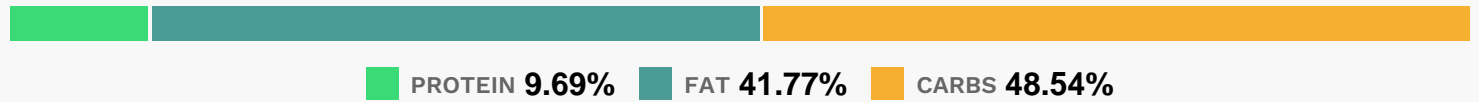
Equipment

- mixing bowl

Directions

- In a medium-size mixing bowl, combine cream cheese, olives, chiles, pimentos, green onions, hot sauce and fresh cilantro.
- Spread the mixture onto tortillas.
- Roll the tortillas up and refrigerate for at least 1 hour.
- Slice the roll ups and serve.

Nutrition Facts



Properties

Glycemic Index:2.83, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:1.8717391238264%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 51.43kcal (2.57%), Fat: 2.39g (3.68%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 5.73g (2.08%), Sugar: 0.66g (0.73%), Cholesterol: 3.82mg (1.27%), Sodium: 137.55mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Selenium: 2.95µg (4.21%), Vitamin B1: 0.06mg (4.05%), Vitamin C: 3.18mg (3.85%), Folate: 12.8µg (3.2%), Manganese: 0.06mg (3.04%), Phosphorus: 28.95mg (2.89%), Iron: 0.51mg (2.81%), Vitamin B3: 0.55mg (2.76%), Vitamin B2: 0.04mg (2.62%), Vitamin A: 113.43IU (2.27%), Calcium: 22.36mg (2.24%), Fiber: 0.53g (2.11%), Vitamin K: 2.03µg (1.93%)