

Spinach Roll-Ups

READY IN



75 min.

SERVINGS



84

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bacon bits
- ☐ 10 12-inch flour tortillas ()
- ☐ 20 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 cup mayonnaise
- ☐ 3 tablespoons onions chopped
- ☐ 1 ounce ranch dressing mix
- ☐ 1 cup heavy whipping cream sour

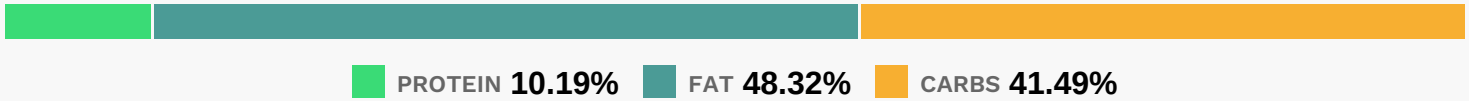
Equipment

☐ mixing bowl

Directions

- ☐ In a medium-size mixing bowl, combine spinach, ranch mix, mayonnaise, sour cream, bacon bits and onion.
- ☐ Spread the mixture onto each tortilla and roll it up. Refrigerate the rolled tortillas until ready to serve.
- ☐ Slice each roll-up into 1 inch servings no more than 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:1.32, Glycemic Load:2.13, Inflammation Score:-5, Nutrition Score:4.3604347644293%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 74.83kcal (3.74%), Fat: 4.01g (6.18%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 6.93g (2.52%), Sugar: 0.67g (0.75%), Cholesterol: 2.74mg (0.91%), Sodium: 172.92mg (7.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin K: 30.48µg (29.02%), Vitamin A: 810.29IU (16.21%), Folate: 24.7µg (6.17%), Manganese: 0.12mg (5.78%), Vitamin B1: 0.08mg (5.6%), Selenium: 3.7µg (5.29%), Phosphorus: 37.06mg (3.71%), Iron: 0.64mg (3.55%), Vitamin B2: 0.06mg (3.5%), Vitamin B3: 0.66mg (3.3%), Calcium: 33mg (3.3%), Fiber: 0.82g (3.28%), Vitamin E: 0.39mg (2.61%), Magnesium: 9.72mg (2.43%), Copper: 0.03mg (1.63%), Potassium: 46.84mg (1.34%), Vitamin B6: 0.02mg (1.13%)