



## Sushi-Style Vegetable Rolls

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



69 kcal

### Ingredients

- 1 cup rice long-grain white cooked
- 2 oz philadelphia cream cheese softened ()
- 0.3 cup matchlike cucumber sticks thin
- 4 slices oscar mayer baked ham cooked
- 0.3 cup pepper strips red thin

### Equipment

### Directions

- Spread ham with cream cheese; top with rice, spreading to within 1/4 inch of edges.
- Place vegetables at one short end of each ham slice; roll up tightly.
- Cut each into 5 slices.

## Nutrition Facts



### Properties

Glycemic Index:18.3, Glycemic Load:4.92, Inflammation Score:-2, Nutrition Score:2.3152173835298%

### Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 68.97kcal (3.45%), Fat: 3.89g (5.98%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.9g (1.78%), Sugar: 0.42g (0.47%), Cholesterol: 12.67mg (4.22%), Sodium: 151.12mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Selenium: 4.22µg (6.03%), Vitamin C: 4.87mg (5.91%), Vitamin B1: 0.07mg (4.99%), Manganese: 0.08mg (4.17%), Vitamin A: 195.17IU (3.9%), Phosphorus: 38.5mg (3.85%), Vitamin B6: 0.07mg (3.65%), Vitamin B3: 0.61mg (3.03%), Vitamin B2: 0.04mg (2.58%), Zinc: 0.38mg (2.54%), Vitamin B5: 0.16mg (1.65%), Potassium: 57.43mg (1.64%), Vitamin B12: 0.08µg (1.4%), Magnesium: 5.38mg (1.35%), Copper: 0.02mg (1.21%), Vitamin E: 0.16mg (1.04%)