

Taste of Home

 1%
HEALTH SCORE

Taco Roll-Ups

READY IN



15 min.

SERVINGS



42

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounces cream cheese softened
- 1 cup cream sour
- 2 cups cheddar cheese shredded
- 0.5 cup picante sauce
- 4.5 ounces olives ripe drained chopped canned
- 2 tablespoons taco seasoning
- 1 tablespoon onion soup mix
- 8 10-inch flour tortilla room temperature (es)

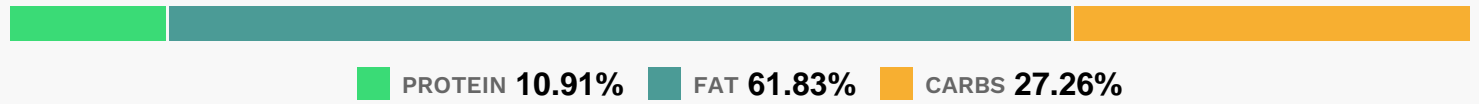
Equipment

bowl

Directions

- In a small bowl, beat cream cheese and sour cream until smooth; stir in the cheddar cheese, picante sauce, olives, taco seasoning and soup mix.
- Spread over tortillas; roll up jelly-roll style. Wrap in plastic; refrigerate for at least 1 hour. Just before serving, cut into 1-in. pieces.

Nutrition Facts



Properties

Glycemic Index:2.1, Glycemic Load:2.28, Inflammation Score:-2, Nutrition Score:3.0482608721308%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 117.45kcal (5.87%), Fat: 8.14g (12.53%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.42g (2.7%), Sugar: 1.27g (1.41%), Cholesterol: 19.52mg (6.51%), Sodium: 260.57mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Selenium: 5.69µg (8.13%), Calcium: 76.22mg (7.62%), Phosphorus: 69.32mg (6.93%), Vitamin B2: 0.1mg (5.71%), Vitamin A: 271.06IU (5.42%), Vitamin B1: 0.07mg (4.96%), Folate: 15.18µg (3.79%), Manganese: 0.07mg (3.64%), Vitamin B3: 0.65mg (3.26%), Iron: 0.55mg (3.04%), Fiber: 0.66g (2.63%), Zinc: 0.35mg (2.33%), Vitamin E: 0.31mg (2.05%), Magnesium: 6.81mg (1.7%), Vitamin B12: 0.09µg (1.54%), Vitamin K: 1.57µg (1.5%), Potassium: 52.46mg (1.5%), Vitamin B6: 0.03mg (1.37%), Vitamin B5: 0.13mg (1.33%), Copper: 0.02mg (1.24%)