

Tasty Tortilla Roll-ups

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 packages cream cheese softened (one 8 ounces, one 3 ounces)
- 5 8-inch flour tortilla (es)
- 0.1 teaspoon garlic powder
- 0.3 cup spring onion minced
- 3 tablespoons jalapeno green chopped
- 3 tablespoons olives ripe chopped
- 3 tablespoons pecans finely chopped
- 3 tablespoons pimientos diced drained

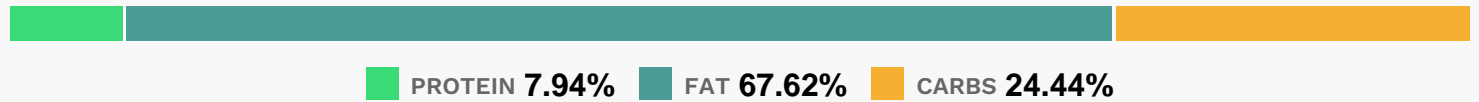
Equipment

- bowl
- plastic wrap

Directions

- In a small bowl, beat cream cheese. Stir in green onions, green chilies, olives pimientos, pecans and garlic powder.
- Spread over tortillas.
- Roll up tightly. Wrap in plastic wrap. Refrigerate for at least 2 hours.
- Cut into 1/2-in. pieces.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:4.84, Inflammation Score:-6, Nutrition Score:7.141739073007%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 263.93kcal (13.2%), Fat: 20.15g (31%), Saturated Fat: 10.12g (63.23%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 14.83g (5.39%), Sugar: 3.17g (3.52%), Cholesterol: 45.65mg (15.22%), Sodium: 368.37mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.65%), Vitamin A: 811.06IU (16.22%), Selenium: 9.76µg (13.94%), Manganese: 0.28mg (13.94%), Vitamin C: 10.52mg (12.75%), Phosphorus: 112.5mg (11.25%), Vitamin B2: 0.19mg (11.08%), Vitamin B1: 0.16mg (10.88%), Vitamin K: 9.39µg (8.94%), Calcium: 87.11mg (8.71%), Folate: 31.92µg (7.98%), Iron: 1.21mg (6.7%), Vitamin B3: 1.31mg (6.57%), Fiber: 1.56g (6.23%), Vitamin E: 0.74mg (4.9%), Copper:

0.08mg (4.03%), Vitamin B6: 0.08mg (4.01%), Magnesium: 15.09mg (3.77%), Potassium: 132.04mg (3.77%), Zinc: 0.53mg (3.5%), Vitamin B5: 0.34mg (3.43%), Vitamin B12: 0.1µg (1.66%)