



Tortilla Filled with Lunchmeat

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



579 kcal

Ingredients

- 1 pepperoncini peppers seeded sliced
- 2 tablespoons whipped cream
- 1 12-inch flour tortilla ()
- 3 slices ham

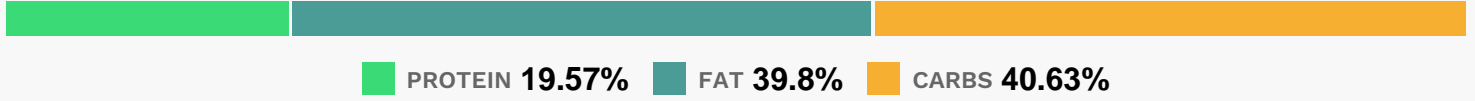
Equipment

Directions

- Spread the cream cheese evenly onto one side of the tortilla.

- Lay the slices of ham over the top.
- Place the banana pepper slices in a straight line down the center of the tortilla.
- Roll up into a cylinder.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:18.41, Inflammation Score:-5, Nutrition Score:21.284348047298%

Nutrients (% of daily need)

Calories: 578.79kcal (28.94%), Fat: 25.24g (38.83%), Saturated Fat: 9.6g (60.01%), Carbohydrates: 57.98g (19.33%), Net Carbohydrates: 53.65g (19.51%), Sugar: 5.14g (5.72%), Cholesterol: 58.92mg (19.64%), Sodium: 1838.14mg (79.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.92g (55.84%), Vitamin B1: 1.09mg (72.65%), Selenium: 44.65µg (63.78%), Vitamin B3: 8.92mg (44.58%), Phosphorus: 425.81mg (42.58%), Vitamin B2: 0.52mg (30.49%), Manganese: 0.58mg (29.25%), Folate: 112.85µg (28.21%), Iron: 4.92mg (27.33%), Vitamin B6: 0.43mg (21.29%), Calcium: 182.81mg (18.28%), Zinc: 2.61mg (17.41%), Fiber: 4.33g (17.32%), Potassium: 421.57mg (12.04%), Magnesium: 43.73mg (10.93%), Vitamin C: 8.27mg (10.02%), Copper: 0.2mg (9.93%), Vitamin B12: 0.56µg (9.39%), Vitamin K: 9.33µg (8.88%), Vitamin B5: 0.62mg (6.25%), Vitamin D: 0.62µg (4.16%), Vitamin E: 0.43mg (2.86%), Vitamin A: 95.65IU (1.91%)