

Tortilla Rollups I

 Vegetarian

READY IN



15 min.

SERVINGS



16

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 10 10-inch flour tortillas ()
- ☐ 16 ounce chunky salsa

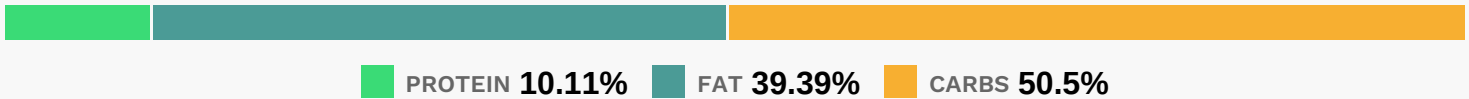
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a medium bowl, use a mixer to smooth the cream cheese.
- ☐ Pour in the salsa 1 tablespoon at a time while continuing to mix. Continue adding salsa and mixing until the ingredients have attained a spreadable consistency.
- ☐ Spread the mixture on the flour tortillas.
- ☐ Roll the tortillas and slice them into bite-sized pieces. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:7.04, Inflammation Score:-4, Nutrition Score:6.476086974144%

Nutrients (% of daily need)

Calories: 191.71kcal (9.59%), Fat: 8.43g (12.96%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 22.26g (8.1%), Sugar: 3.24g (3.6%), Cholesterol: 14.32mg (4.77%), Sodium: 552.48mg (24.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.73%), Selenium: 11.23µg (16.04%), Vitamin B1: 0.23mg (15.55%), Manganese: 0.25mg (12.49%), Phosphorus: 114.36mg (11.44%), Vitamin B3: 2.26mg (11.32%), Folate: 43.53µg (10.88%), Vitamin B2: 0.17mg (9.71%), Iron: 1.72mg (9.57%), Calcium: 85.56mg (8.56%), Fiber: 2.04g (8.17%), Vitamin A: 326.44IU (6.53%), Vitamin K: 4.64µg (4.42%), Potassium: 146.54mg (4.19%), Vitamin B6: 0.08mg (4.18%), Magnesium: 15.15mg (3.79%), Copper: 0.07mg (3.32%), Vitamin E: 0.47mg (3.12%), Zinc: 0.36mg (2.4%), Vitamin B5: 0.21mg (2.1%)