



Tortilla Rollups IV

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



424 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1 ounce ranch dressing mix dry fiesta-style
- ☐ 10 10-inch flour tortillas ()
- ☐ 1 cup chunky salsa
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour

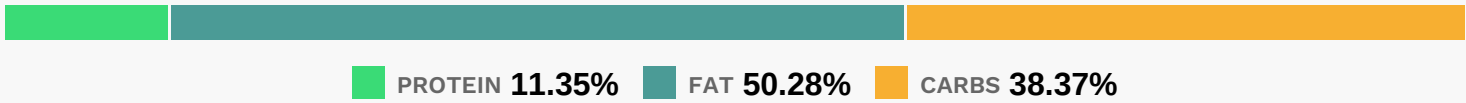
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, mix the cream cheese, sour cream, fiesta-style ranch dressing mix, chunky salsa and Cheddar cheese.
- ☐ Spread even amounts of the mixture onto the tortillas.
- ☐ Roll tortillas and chill in the refrigerator until ready to serve.
- ☐ To serve, slice the chilled, rolled tortillas into 3/4 inch slices and arrange on a large serving platter.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:11.37, Inflammation Score:-6, Nutrition Score:12.47000011413%

Nutrients (% of daily need)

Calories: 423.7kcal (21.18%), Fat: 23.67g (36.41%), Saturated Fat: 12.21g (76.3%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 37.72g (13.72%), Sugar: 5.28g (5.87%), Cholesterol: 53.43mg (17.81%), Sodium: 1087.58mg (47.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.04%), Selenium: 23.44µg (33.49%), Calcium: 274.55mg (27.45%), Phosphorus: 271.9mg (27.19%), Vitamin B1: 0.38mg (25.06%), Vitamin B2: 0.37mg (21.84%), Manganese: 0.38mg (19.09%), Folate: 73.82µg (18.46%), Vitamin B3: 3.44mg (17.18%), Iron: 2.72mg (15.1%), Vitamin A: 742.52IU (14.85%), Fiber: 2.92g (11.67%), Zinc: 1.23mg (8.23%), Magnesium: 28.22mg (7.05%), Vitamin K: 7.36µg (7.01%), Potassium: 226.32mg (6.47%), Vitamin B6: 0.12mg (6.04%), Copper: 0.1mg (5.18%), Vitamin E: 0.73mg (4.85%), Vitamin B12: 0.28µg (4.63%), Vitamin B5: 0.44mg (4.44%)