



Turkey-Cheddar Rollers

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



116 kcal

SIDE DISH

Ingredients

- 1 Tbsp olives black chopped
- 1 Tbsp knudsen cream light sour
- 3 slices oscar mayer deli turkey breast smoked fresh
- 3 Tbsp cheddar cheese fat free shredded kraft
- 1 Tbsp tomatoes chopped

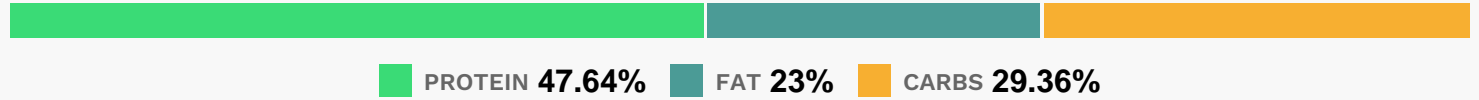
Equipment

- toothpicks

Directions

- Spread turkey with sour cream.
- Top with remaining ingredients; roll up. Secure with toothpicks, if desired.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:8.2226087165915%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 116.36kcal (5.82%), Fat: 3.05g (4.69%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 8.31g (3.02%), Sugar: 5.28g (5.86%), Cholesterol: 16.76mg (5.59%), Sodium: 1099.09mg (47.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.42%), Phosphorus: 483.09mg (48.31%), Calcium: 330.7mg (33.07%), Vitamin A: 844.39IU (16.89%), Selenium: 9.58µg (13.68%), Vitamin B2: 0.23mg (13.56%), Zinc: 1.81mg (12.07%), Vitamin B12: 0.55µg (9.12%), Potassium: 240.73mg (6.88%), Magnesium: 26.15mg (6.54%), Copper: 0.09mg (4.43%), Folate: 15.75µg (3.94%), Vitamin E: 0.54mg (3.6%), Vitamin B6: 0.06mg (2.83%), Iron: 0.48mg (2.66%), Vitamin C: 2.13mg (2.59%), Vitamin B1: 0.04mg (2.57%), Vitamin K: 2.54µg (2.42%), Fiber: 0.44g (1.77%), Vitamin B3: 0.21mg (1.04%)