

Yummy Roll Ups

 Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 slices ham cooked
- ☐ 8 ounce cream cheese softened
- ☐ 5 dill pickle spears

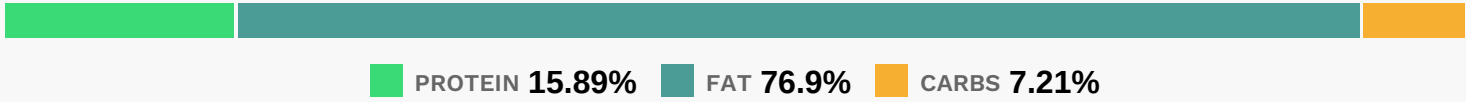
Equipment

- ☐ toothpicks

Directions

- ☐
- Lay the ham slices flat on a serving plate and pat dry.
- ☐
- Spread with cream cheese.
- ☐
- Place a pickle spear at one end of each slice, and roll the slices into cylinders around the spears; secure with toothpicks.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:6.6434782795284%

Nutrients (% of daily need)

Calories: 208.28kcal (10.41%), Fat: 18.02g (27.72%), Saturated Fat: 9.69g (60.56%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.15g (1.14%), Sugar: 2.54g (2.82%), Cholesterol: 66.25mg (22.08%), Sodium: 991.03mg (43.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.75%), Vitamin A: 728.12IU (14.56%), Phosphorus: 140.69mg (14.07%), Selenium: 9.44µg (13.49%), Vitamin B1: 0.19mg (12.63%), Vitamin B2: 0.21mg (12.24%), Vitamin K: 11.87µg (11.31%), Vitamin C: 7.89mg (9.56%), Vitamin B12: 0.49µg (8.24%), Calcium: 80.78mg (8.08%), Zinc: 0.92mg (6.15%), Potassium: 211.35mg (6.04%), Vitamin B6: 0.12mg (5.96%), Vitamin B3: 1.11mg (5.53%), Vitamin B5: 0.54mg (5.35%), Magnesium: 14.51mg (3.63%), Vitamin E: 0.47mg (3.12%), Copper: 0.06mg (2.85%), Fiber: 0.65g (2.6%), Folate: 10.12µg (2.53%), Iron: 0.44mg (2.43%), Manganese: 0.05mg (2.43%)