



Zesty Tortilla Roll Ups

READY IN



35 min.

SERVINGS



20

CALORIES



327 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bacon
- 3 tablespoons add carrot and onion to bacon fat . cook
- 16 ounce cream cheese softened
- 10 10-inch flour tortillas ()
- 4 green onions minced
- 1 tablespoon pesto sauce prepared
- 1 tomatoes diced finely
- 1 pound turkey smoked thinly sliced

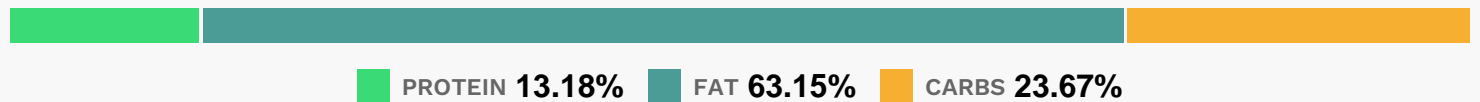
Equipment

- bowl
- paper towels
- baking pan
- microwave

Directions

- Arrange bacon slices in a microwave safe baking dish, side by side. Cover dish with a paper towel. Microwave on high until bacon is soft and lightly browned, 4 to 6 minutes. Chop bacon into small pieces; reserve 3 tablespoons bacon drippings.
- Combine the chopped bacon, reserved bacon drippings, cream cheese, tomato, green onions, and pesto in a large bowl; mix well. Evenly spread the cream cheese mixture on the tortillas; top each with a slice of turkey.
- Roll tortillas up tightly, and cut into 1/4 inch slices. Discard rounded ends.

Nutrition Facts



Properties

Glycemic Index:6.55, Glycemic Load:5.9, Inflammation Score:-4, Nutrition Score:8.3108696782071%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 327.37kcal (16.37%), Fat: 22.89g (35.22%), Saturated Fat: 9.72g (60.77%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 17.93g (6.52%), Sugar: 2.4g (2.67%), Cholesterol: 51.52mg (17.17%), Sodium: 507.84mg (22.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.49%), Selenium: 17.76µg (25.37%), Vitamin B3: 3.76mg (18.79%), Vitamin B1: 0.26mg (17.01%), Phosphorus: 160.86mg (16.09%), Vitamin B2: 0.2mg (11.89%), Vitamin B6: 0.2mg (9.83%), Folate: 38.53µg (9.63%), Manganese: 0.19mg (9.53%), Iron: 1.58mg (8.8%), Vitamin A: 412.27IU (8.25%), Vitamin K: 8.45µg (8.05%), Calcium: 79.56mg (7.96%), Vitamin B12: 0.36µg (6%), Zinc: 0.88mg (5.84%), Fiber: 1.37g (5.49%), Potassium: 175.86mg (5.02%), Vitamin B5: 0.45mg (4.5%), Magnesium: 17.64mg

(4.41%), Copper: 0.07mg (3.4%), Vitamin E: 0.37mg (2.44%), Vitamin C: 1.29mg (1.57%), Vitamin D: 0.19 μ g (1.28%)