

Tortilla Roll-Ups

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 27 roll-ups

4 ounces light cream cheese, softened
2 tablespoons low-fat salad dressing
(or mayonnaise)
2 teaspoons Dijon mustard
1/4 cup dill pickles, finely chopped
and blotted dry
3 ten-inch flour tortillas
8 ounces shaved deli roast beef

In a small bowl, combine the cream cheese, salad dressing and mustard until smooth. Add the pickles. Mix well.

Divide and spread the cream cheese on each tortilla. Divide and layer the beef on top.

Roll up each tortilla very tightly. Wrap in plastic wrap. Chill for at least one hour.

To serve, slice the chilled rolls into one-inch pieces. Secure with wooden picks.

Per Serving (excluding unknown items): 978 Calories; 36g Fat (33.2% calories from fat); 31g Protein; 130g Carbohydrate; 7g Dietary Fiber; 63mg Cholesterol; 2292mg Sodium. Exchanges: 8 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 6 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	978	Vitamin B6 (mg):	.1mg
% Calories from Fat:	33.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	53.8%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	13.0%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	36g	Folacin (mcg):	287mcg
Saturated Fat (g):	16g	Niacin (mg):	8mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	63mg	% Daily Value:	0%
Carbohydrate (g):	130g		
Dietary Fiber (g):	7g		
	31g		

Food Exchanges

Grain (Starch):	8
	2
	1

Protein (g):
Sodium (mg): 2292mg
Potassium (mg): 476mg
Calcium (mg): 441mg
Iron (mg): 9mg
Zinc (mg): 3mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1615IU
Vitamin A (r.e.): 324 1/2RE

Lean Meat:
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 6
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 978 Calories from Fat: 325

% Daily Values*

Total Fat	36g		55%
Saturated Fat	16g		82%
Cholesterol	63mg		21%
Sodium	2292mg		96%
Total Carbohydrates	130g		43%
Dietary Fiber	7g		30%
Protein	31g		
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Vitamin A			32%
Vitamin C			1%
Calcium			44%
Iron			52%

* Percent Daily Values are based on a 2000 calorie diet.