



January 25- Protein Roll Up

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=214851>

Recipe

Ingredients:

- 6 thinly sliced pieces of deli style smoked ham
- ¼ cup diced mushrooms
- ¼ cup diced broccoli
- 2 Tablespoon non-fat cream cheese
- ¼ cup finely diced red bell pepper
- ¼ teaspoon garlic powder

Directions:

1. Separate and lay out ham slices flat. Mix all other ingredients together.
2. Spread mixture on each ham slice. Roll up each slice into a long tube around cream mixture.
3. Cut each tube into 4 even sections.

Yield 1 serving (24 roll ups per serving)

Nutrition Facts

Serving Size 1 roll (8.42g)
Servings Per Container 24

Amount Per Serving

Calories 5 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **1%**

Sodium 35mg **1%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein <1g **1%**

Vitamin A 0% • Vitamin C 6%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.