



## March 11- Ham Rolls

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=626867>

### Recipe

*Ingredients:*

- 2 slice lean cooked ham
- 2 Tablespoon fat-free cream cheese
- 2 green onions

*Directions:*

1. Spread each slice of ham with cream cheese.
2. Wrap around a prepared green onion. Slice ham lengthwise to make rolls.

Yield 8 servings

### Nutrition Facts

Serving Size 1 roll (12.5g)  
Servings Per Container 8

#### Amount Per Serving

**Calories** 10      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat

**Cholesterol** <5mg      **1%**

**Sodium** 80mg      **3%**

**Total Carbohydrate** <1g      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 2g      **3%**

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 0%

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