Mexican Roll-Ups

Ingredients

- 1 pack 8 oz fat-free cream cheese
- 1 cup fat-free sour cream
- 1 cup shredded reduced-fat cheddar cheese
- 1 can chopped green chilies, drained
- 4 green onions, chopped
- 1 can chopped ripe olives, drained
- 1 tsp garlic powder
- 5 flour tortillas, room temp



Summary

Yield: 50
Prep Time: 30 minutes
Category: Appetizers
Cuisine: Mexican

Instructions

Notes

Directions
•In a small bowl, combine the first seven ingredients. Spread over tortillas. Roll up tightly and wrap in plastic wrap. Refrigerate for 1 hour or until firm.
• Unwrap and cut into scant 1-in. slices. Serve with salsa if desired. Yield: about 4 dozen.

Nutritional Facts 1 piece (calculated without salsa) equals 40 calories, 1 g fat (trace saturated fat), 3 mg cholesterol, 103 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g protein. Diabetic Exchange: 1/2 starch.