

Mexican Roll-Ups

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

2 packages small flour tortillas
2 packages (8 ounce ea) cream cheese,
softened
1 small can pitted black olives, diced
1 small can green chilies, chopped

In a bowl, combine the cream cheese with the other ingredients. Mix with electric beaters.

Spread on the tortillas and roll up.

Wrap in plastic wrap.

Refrigerate.

Slice with a sharp knife when ready to serve.

Per Serving (excluding unknown items): 1625 Calories; 162g Fat (88.5% calories from fat); 35g Protein; 13g Carbohydrate; trace Dietary Fiber; 509mg Cholesterol; 1409mg Sodium. Exchanges: 5 Lean Meat; 0 Fruit; 30 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1625	Vitamin B6 (mg):	.2mg
% Calories from Fat:	88.5%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	3.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	162g	Folacin (mcg):	61mcg
Saturated Fat (g):	102g	Niacin (mg):	trace
Monounsaturated Fat (g):	46g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	509mg	% Refused:	0 0%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	35g	Lean Meat:	5
Sodium (mg):	1409mg	Vegetable:	0

Potassium (mg): 554mg
Calcium (mg): 375mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): trace
Vitamin A (i.u.): 6639IU
Vitamin A (r.e.): 1997RE

Fruit: 0
Non-Fat Milk: 0
Fat: 30
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1625 **Calories from Fat:** 1437

% Daily Values*

Total Fat 162g	250%
Saturated Fat 102g	510%
Cholesterol 509mg	170%
Sodium 1409mg	59%
Total Carbohydrates 13g	4%
Dietary Fiber trace	1%
Protein 35g	
Vitamin A	133%
Vitamin C	0%
Calcium	37%
Iron	32%

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