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[Cream Cheese Turkey Rollups](#) [♦]

Cream Cheese Turkey Rollups are a delicious and easy-to-make appetizer or snack. They are made with sliced turkey breast, cream cheese, and a variety of seasonings. These rollups are perfect for parties, picnics, or any time you need a quick and tasty bite to eat.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

200 g	sliced turkey breast
100 g	cream cheese
1 tsp	Garlic powder
1 tsp	Onion powder
1 tsp	Dried Dill

1 tsp Salt

0.5 tsp Black pepper

2 tbsp fresh parsley

Directions

Step 1

Mixing

In a bowl, mix together the cream cheese, garlic powder, onion powder, dried dill, salt, black pepper, and fresh parsley.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread the cream cheese mixture evenly on each slice of turkey breast.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rolling

Roll up each slice of turkey breast and secure with toothpicks if needed.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	180 mg	5.29%	6.92%
Zinc	6 mg	54.55%	75%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Easter

Thanksgiving

Birthday

New Year

Picnic

Course

Appetizers

Snacks

Meal Type

Snack

Supper

Difficulty Level

Easy

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