

Low-carb Italian Beef Roll-up

Yield: 1 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-beef-roll-up-recipe>

Ingredients:

- 1 slice deli roast beef
- 1 tablespoon hummus garlic
- 1/2 slice provolone cheese
- 5 banana pepper rings
- chopped romaine

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 9 grams
6. Protein: 12 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 320 milligrams
9. Sugar: 5 grams

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