



Bacon Pinwheels

READY IN



10 min.

SERVINGS



10

CALORIES



82 kcal

SIDE DISH

Ingredients

- 2.5 oz oscar mayer bacon fully cooked cut into 1-inch pieces
- 0.3 cup philadelphia cream cheese spread
- 4 6-inch flour tortillas ()
- 1 cup lettuce shredded finely

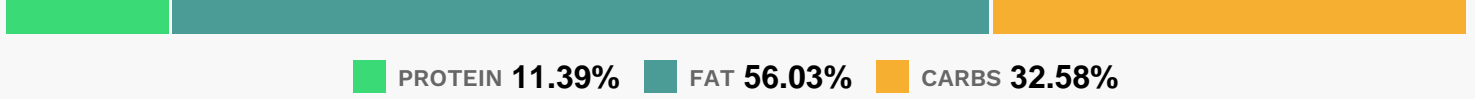
Equipment

- toothpicks

Directions

- Spread tortillas with cream cheese spread.
- Top with bacon and lettuce; roll up tightly.
- Cut each into 5 slices; secure with toothpicks.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:2.0700000116359%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 81.59kcal (4.08%), Fat: 5.03g (7.74%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 6.08g (2.21%), Sugar: 0.76g (0.85%), Cholesterol: 8.23mg (2.74%), Sodium: 162.67mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Selenium: 4.12µg (5.88%), Vitamin B1: 0.08mg (5.54%), Vitamin B3: 0.83mg (4.13%), Phosphorus: 36.45mg (3.64%), Manganese: 0.07mg (3.45%), Folate: 13.37µg (3.34%), Iron: 0.49mg (2.75%), Calcium: 25.98mg (2.6%), Vitamin K: 2.6µg (2.48%), Vitamin B2: 0.04mg (2.44%), Fiber: 0.51g (2.03%), Vitamin A: 92.7IU (1.85%), Vitamin B6: 0.03mg (1.46%), Potassium: 39.3mg (1.12%), Zinc: 0.16mg (1.06%)