



Beef and Provolone Pinwheels

READY IN



10 min.

SERVINGS



24

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup salad dressing
- 2 cloves garlic finely chopped
- 11 oz flour tortilla for burritos (8 count)
- 1 cup pkt spinach fresh
- 0.3 lb pan drippings from roast beef preferably thinly sliced
- 4.5 oz provolone cheese
- 1 medium tomatoes thinly sliced
- 24 frangelico

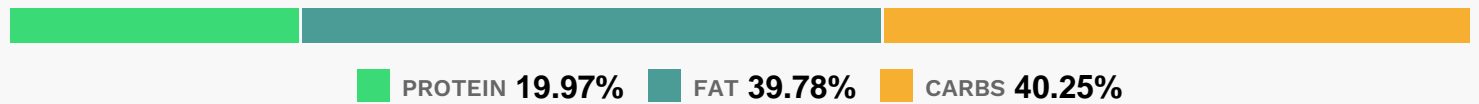
Equipment

- bowl
- toothpicks

Directions

- Mix mayonnaise and garlic in small bowl.
- Spread mixture evenly over tortillas.
- Top tortillas with layers of spinach, beef, cheese and tomato; roll up tightly.
- Cut each tortilla into 12 pieces; secure with toothpicks.
- Serve immediately, or refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:2.14, Inflammation Score:-2, Nutrition Score:3.3908695734066%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 71.55kcal (3.58%), Fat: 3.15g (4.85%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.62g (2.41%), Sugar: 0.92g (1.02%), Cholesterol: 6.36mg (2.12%), Sodium: 230.98mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin K: 8.87µg (8.45%), Calcium: 74.91mg (7.49%), Phosphorus: 64.84mg (6.48%), Selenium: 4.08µg (5.83%), Vitamin B3: 0.98mg (4.89%), Vitamin B1: 0.07mg (4.82%), Manganese: 0.09mg (4.38%), Vitamin A: 207.58IU (4.15%), Folate: 16.38µg (4.09%), Vitamin C: 3.27mg (3.96%), Vitamin B2: 0.06mg (3.71%), Iron: 0.66mg (3.65%), Zinc: 0.43mg (2.87%), Vitamin B12: 0.16µg (2.63%), Fiber: 0.55g (2.2%), Vitamin B6: 0.04mg (2.08%), Magnesium: 7.08mg (1.77%), Potassium: 58.99mg (1.69%), Copper: 0.02mg (1.2%)