



Beef and Provolone Pinwheels

READY IN



10 min.

SERVINGS



24

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 flour tortilla for burritos (from 11.5-oz package)
- ☐ 2 cloves garlic finely chopped
- ☐ 4.5 oz provolone cheese
- ☐ 0.3 lb pan drippings from roast beef preferably thinly sliced
- ☐ 0.3 cup salad dressing
- ☐ 1 cup pkt spinach fresh
- ☐ 1 medium tomatoes thinly sliced
- ☐ 24 frangelico
- ☐ 24 frangelico

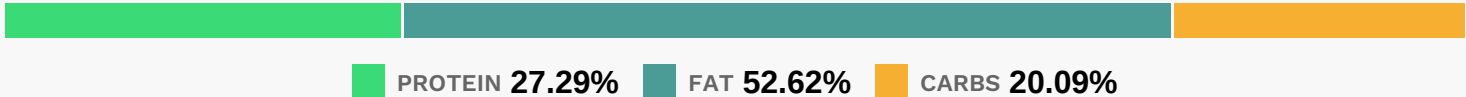
Equipment

- ☐ 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:0.5, Inflammation Score:-2, Nutrition Score:2.246086973211%

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: 39.43kcal (1.97%), Fat: 2.31g (3.56%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.8g (0.66%), Sugar: 0.53g (0.59%), Cholesterol: 6.36mg (2.12%), Sodium: 153.75mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 8.11µg (7.73%), Calcium: 59.59mg (5.96%), Phosphorus: 43.23mg (4.32%), Vitamin A: 207.58IU (4.15%), Vitamin C: 3.27mg (3.96%), Vitamin B12: 0.16µg (2.63%), Vitamin B3: 0.51mg (2.57%), Zinc: 0.38mg (2.5%), Selenium: 1.74µg (2.49%), Vitamin B2: 0.03mg (1.97%), Manganese: 0.04mg (1.79%), Vitamin B6: 0.04mg (1.77%), Folate: 6.51µg (1.63%), Iron: 0.28mg (1.53%), Potassium: 45.87mg (1.31%), Vitamin B1: 0.02mg (1.3%), Magnesium: 4.77mg (1.19%)