



Black Bean Pinwheels

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup black beans canned rinsed drained
- 0.3 cup knudsen cream sour
- 4 oz philadelphia cream cheese softened ()
- 3 6-inch flour tortillas ()
- 0.5 cup monterrey jack cheese shredded with jalapeno peppers kraft
- 0.3 tsp onion salt

Equipment

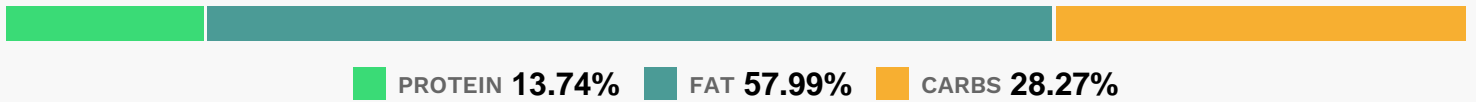
- food processor

- bowl
- blender
- plastic wrap
- hand mixer

Directions

- Mix cheeses, sour cream and onion salt in small bowl with electric mixer on medium speed until well blended.
- Place beans in food processor or blender container; cover. Process until smooth.
- Spread evenly onto tortillas; top evenly with cheese mixture.
- Roll tortillas up tightly. Wrap individually in plastic wrap. Refrigerate at least 30 minutes.
- Cut ends from tortillas; discard.
- Cut each roll-up into 5 slices.
- Serve with TACO BELL Thick & Chunky Salsa.

Nutrition Facts



Properties

Glycemic Index:1.96, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:0.74565217822142%

Nutrients (% of daily need)

Calories: 25.63kcal (1.28%), Fat: 1.67g (2.56%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.22g (0.24%), Cholesterol: 4.42mg (1.47%), Sodium: 58.16mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Phosphorus: 17.49mg (1.75%), Calcium: 17.37mg (1.74%), Vitamin B2: 0.02mg (1.36%), Selenium: 0.94µg (1.35%), Fiber: 0.33g (1.33%), Folate: 4.74µg (1.19%), Vitamin B1: 0.02mg (1.1%), Vitamin A: 51.61IU (1.03%)