



BLT Pinwheels

READY IN



95 min.

SERVINGS



30

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup salad dressing
- 3 oz cream cheese softened
- 2 tablespoons salsa thick
- 1 teaspoon dijon mustard
- 6 slices bacon crumbled cooked
- 3 10-inch flour tortilla plain (8 to)
- 1 cup roma tomatoes seeded chopped (plum)
- 1.5 cups the of 1 cos lettuce shredded

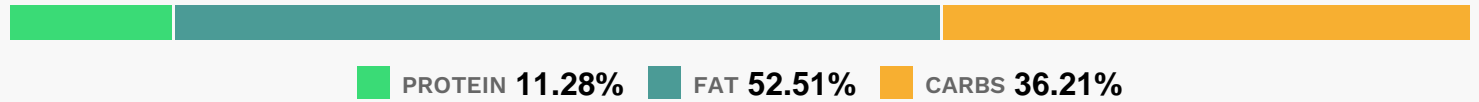
Equipment

- bowl
- plastic wrap
- toothpicks

Directions

- In small bowl, mix mayonnaise, cream cheese, salsa and mustard until blended. Stir in bacon.
- Spread bacon mixture evenly over tortillas. Top with tomatoes and lettuce. Tightly roll up tortillas.
- Wrap tortilla rolls individually in plastic wrap. Refrigerate at least 1 hour but no longer than 8 hours.
- Cut into 1-inch slices; secure each slice with toothpick.

Nutrition Facts



Properties

Glycemic Index:4.37, Glycemic Load:1.22, Inflammation Score:-3, Nutrition Score:2.0104347768685%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 50.46kcal (2.52%), Fat: 2.95g (4.54%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.17g (1.51%), Sugar: 1.07g (1.19%), Cholesterol: 4.45mg (1.48%), Sodium: 135.61mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin A: 315.69IU (6.31%), Vitamin K: 5.84µg (5.56%), Selenium: 2.77µg (3.96%), Vitamin B1: 0.05mg (3.39%), Folate: 11.27µg (2.82%), Vitamin B3: 0.55mg (2.76%), Phosphorus: 27.37mg (2.74%), Manganese: 0.05mg (2.55%), Vitamin B2: 0.03mg (1.97%), Iron: 0.33mg (1.85%), Fiber: 0.42g (1.66%), Calcium: 15.62mg (1.56%), Vitamin C: 1.21mg (1.47%), Potassium: 51.26mg (1.46%), Vitamin B6: 0.03mg (1.34%), Vitamin E: 0.18mg (1.17%)