



Caesar Salad Pinwheels



Vegetarian



Popular

READY IN



25 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces cream cheese softened
- ☐ 11 ounce dole® ultimate caesar kit
- ☐ 3 sheets grain lower carb lavash flatbreads ()
- ☐ 0.3 cup sun-dried tomatoes drained finely chopped in oil

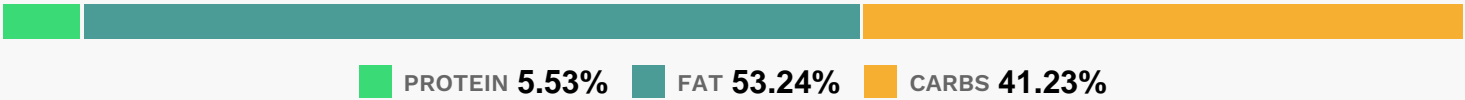
Equipment

- ☐ bowl

Directions

- ☐ Combine cream cheese, sun-dried tomatoes and herb-seasoning from salad kit in medium bowl; blend well.
- ☐ Lightly crush garlic croutons from kit.
- ☐ Combine romaine, cheese and crushed croutons from kit in large bowl. Toss with Caesar Dressing.
- ☐ On each roll, spread cream cheese mixture over lavash bread; cover with a thin layer of salad mixture.
- ☐ Roll up from narrow side. (For flour tortillas, fold in sides before rolling up). Secure each roll with 5 to 6 wooden picks. Slice rolls between wooden picks to form pinwheel appetizers.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:11.37, Inflammation Score:-2, Nutrition Score:3.4347826086957%

Nutrients (% of daily need)

Calories: 260.04kcal (13%), Fat: 15.5g (23.85%), Saturated Fat: 9.94g (62.16%), Carbohydrates: 27g (9%), Net Carbohydrates: 26.4g (9.6%), Sugar: 19.52g (21.69%), Cholesterol: 18.6mg (6.2%), Sodium: 76.48mg (3.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.46mg (1.82%), Protein: 3.62g (7.25%), Vitamin B2: 0.13mg (7.51%), Phosphorus: 72.57mg (7.26%), Calcium: 64.09mg (6.41%), Vitamin A: 266.15IU (5.32%), Copper: 0.1mg (5.23%), Selenium: 3.27µg (4.67%), Potassium: 162.55mg (4.64%), Magnesium: 18.48mg (4.62%), Vitamin C: 3.5mg (4.24%), Vitamin B12: 0.25µg (4.16%), Vitamin B1: 0.06mg (3.7%), Vitamin B5: 0.35mg (3.47%), Iron: 0.52mg (2.87%), Manganese: 0.06mg (2.83%), Fiber: 0.6g (2.4%), Vitamin K: 2.32µg (2.21%), Folate: 7.52µg (1.88%), Vitamin E: 0.25mg (1.7%), Vitamin B3: 0.33mg (1.66%), Vitamin B6: 0.03mg (1.33%)