



Canadian Bacon-Pineapple Pinwheels

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



74 kcal

SIDE DISH

Ingredients

- 0.5 cup milk
- 8 ounces pineapple crushed drained well canned
- 3.5 ounces canadian bacon canadian-style chopped
- 3 ounces mozzarella cheese shredded
- 2 tablespoons butter melted
- 0.3 teaspoon garlic powder
- 1 cup pasta sauce
- 2 cups frangelico

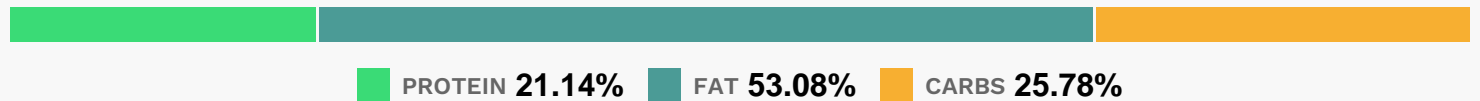
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375°. Spray cookie sheet with cooking spray. Stir Bisquick mix and milk until soft dough forms.
- Place dough on surface generously dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into a ball; knead 10 times.
- Roll dough into 15x10-inch rectangle.
- Layer pineapple, bacon and cheese on rectangle to within 1 inch of edges. Fold in each 10-inch side of rectangle 1 inch. Beginning at 15-inch side, tightly roll up rectangle; pinch edge into roll to seal.
- Cut into 12 slices.
- Place on cookie sheet.
- Bake 16 to 18 minutes or until light golden and cheese is melted.
- Mix butter and garlic powder; brush over warm pinwheels.
- Serve with spaghetti sauce.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:3.2221739110739%

Nutrients (% of daily need)

Calories: 73.57kcal (3.68%), Fat: 4.45g (6.84%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.3g (1.56%), Sugar: 3.99g (4.43%), Cholesterol: 10.95mg (3.65%), Sodium: 242.05mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Phosphorus: 63.08mg (6.31%), Vitamin B1: 0.09mg (6.31%), Calcium: 55.59mg (5.56%), Selenium: 3.68µg (5.25%), Vitamin A: 245.7IU (4.91%), Vitamin B12: 0.27µg (4.57%), Vitamin B3: 0.79mg (3.95%), Vitamin B2: 0.07mg (3.91%), Vitamin C: 3.21mg (3.89%), Potassium:

134.88mg (3.85%), Vitamin B6: 0.08mg (3.82%), Zinc: 0.43mg (2.86%), Vitamin E: 0.41mg (2.71%), Magnesium: 10.06mg (2.51%), Vitamin D: 0.37 μ g (2.48%), Copper: 0.05mg (2.43%), Fiber: 0.56g (2.23%), Iron: 0.34mg (1.89%), Vitamin B5: 0.16mg (1.56%), Manganese: 0.03mg (1.34%)