



Carrot Pinwheels

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup carrots shredded finely
- 3 Tbsp philadelphia chive & onion cream cheese spread
- 2 8-inch flour tortillas ()
- 2 green onions thinly sliced

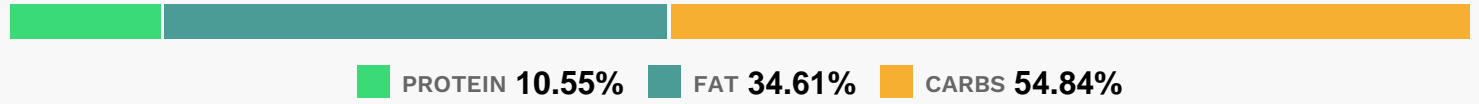
Equipment

- plastic wrap

Directions

- Spread tortillas with cream cheese spread. Top with vegetables.
- Roll up tortillas tightly; wrap individually in plastic wrap. Refrigerate 30 min.
- Unwrap roll-ups; cut each into 6 pieces just before serving.

Nutrition Facts



Properties

Glycemic Index:2.51, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:0.86739131646312%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 10.92kcal (0.55%), Fat: 0.42g (0.65%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.26g (0.29%), Cholesterol: 0.66mg (0.22%), Sodium: 23.68mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin A: 490.64IU (9.81%), Vitamin K: 1.64µg (1.56%)