



Cheesy Chicken 'n Spinach Pinwheels

 Gluten Free

READY IN



40 min.

SERVINGS



20

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup asiago cheese shredded
- ☐ 2 slices bacon crumbled cooked
- ☐ 0.5 cup roasted chicken cooked finely chopped
- ☐ 1 eggs beaten
- ☐ 9 oz spinach green frozen chopped giant®
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion finely chopped

☐ 0.3 cup salad dressing

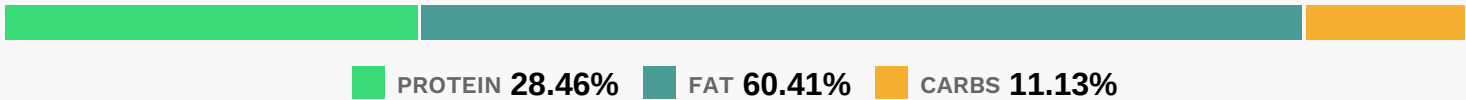
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ microwave
- ☐ serrated knife

Directions

- ☐ Heat oven to 375°F. Spray cookie sheet with cooking spray. Cook spinach in microwave as directed on box.
- ☐ Drain spinach in strainer; cool 5 minutes. Carefully squeeze with paper towel to drain well.
- ☐ In 10-inch skillet, heat oil over medium heat.
- ☐ Add onion and garlic; cook 2 to 3 minutes, stirring occasionally, until crisp-tender.
- ☐ Remove from heat. Stir in spinach, bacon, chicken, cheese and mayonnaise.
- ☐ Unroll dough on work surface.
- ☐ Spread spinach mixture on rectangle to within 1/2 inch of edges. Starting at long side of rectangle, roll up; seal long edge. With serrated knife, cut into 20 slices.
- ☐ Place cut side down on cookie sheet.
- ☐ Brush with egg.
- ☐ Bake 10 to 15 minutes or until golden brown.
- ☐ Remove from cookie sheet.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:5.8343478622644%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 45.4kcal (2.27%), Fat: 3.09g (4.75%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.52g (0.58%), Cholesterol: 14.15mg (4.72%), Sodium: 117.99mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin K: 49.6µg (47.24%), Vitamin A: 1539.93IU (30.8%), Calcium: 63.72mg (6.37%), Selenium: 3.64µg (5.2%), Folate: 20.35µg (5.09%), Manganese: 0.1mg (4.9%), Phosphorus: 47.71mg (4.77%), Vitamin E: 0.57mg (3.8%), Vitamin B2: 0.06mg (3.46%), Magnesium: 12.85mg (3.21%), Vitamin B6: 0.05mg (2.69%), Vitamin B3: 0.44mg (2.22%), Iron: 0.38mg (2.1%), Potassium: 68.63mg (1.96%), Zinc: 0.29mg (1.92%), Fiber: 0.41g (1.63%), Vitamin B1: 0.02mg (1.52%), Vitamin B12: 0.08µg (1.39%), Copper: 0.03mg (1.29%), Vitamin C: 0.91mg (1.1%), Vitamin B5: 0.11mg (1.09%)