



Creamy Pesto Pinwheels

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



101 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 3 ounces cream cheese at room temperature
- ☐ 0.5 cup pesto prepared
- ☐ 15 servings salt and pepper
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 8 slices sandwich bread whole-wheat white thin

Equipment

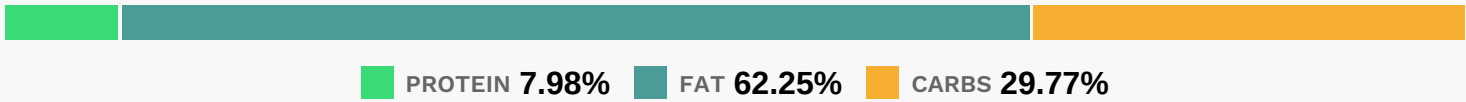
- ☐ knife
- ☐ whisk

☐ rolling pin

Directions

- ☐ Roll each slice of bread to 1/4-inch thickness with a rolling pin. Using a whisk, beat cream cheese with butter until smooth. Season with salt and pepper.
- ☐ Spread about 1/2 Tbsp. cream cheese mixture evenly over each slice of bread. Top with 1 Tbsp. pesto and spread thinly. Carefully roll into a tight cylinder.
- ☐ Wrap each cylinder in plastic and twist ends like a candy wrapper to completely seal. Chill for at least 2 hours or overnight.
- ☐ Unwrap cylinders. Using a sharp knife dipped in hot water and wiped dry, cut each cylinder into 6 pieces. Arrange cut side up on a platter and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:4.76, Inflammation Score:-2, Nutrition Score:2.0734782555829%

Nutrients (% of daily need)

Calories: 101.22kcal (5.06%), Fat: 7g (10.77%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 7.1g (2.58%), Sugar: 1.19g (1.32%), Cholesterol: 10.4mg (3.47%), Sodium: 352.69mg (15.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin A: 289.58IU (5.79%), Selenium: 3.6µg (5.14%), Calcium: 47.51mg (4.75%), Vitamin B1: 0.07mg (4.6%), Manganese: 0.08mg (4.01%), Folate: 15.37µg (3.84%), Vitamin B3: 0.64mg (3.2%), Iron: 0.5mg (2.8%), Vitamin B2: 0.05mg (2.69%), Phosphorus: 21.58mg (2.16%), Fiber: 0.44g (1.76%), Vitamin B5: 0.11mg (1.06%), Magnesium: 4.15mg (1.04%)