



## Creamy Spinach Spirals

READY IN



45 min.

SERVINGS



10

CALORIES



525 kcal

SIDE DISH

### Ingredients

- ☐ 4 oz bacon bits
- ☐ 12 10-inch flour tortillas
- ☐ 20 oz pkt spinach frozen thawed drained
- ☐ 1 cup mayonnaise
- ☐ 1 cup cup heavy whipping cream sour

### Equipment

### Directions

- ☐
- Combine all ingredients except tortillas; blend well.
- ☐
- Spread a light layer of mixture over one side of each tortilla.
- ☐
- Roll up tortillas jelly-roll style; slice into one-inch thick pieces. Cover and chill until ready to serve.

### Nutrition Facts

PROTEIN

10.13%

FAT

53.23%

CARBS

36.64%

### Properties

Glycemic Index:8.4, Glycemic Load:13.17, Inflammation Score:-10, Nutrition Score:25.47608695082%

### Nutrients (% of daily need)

Calories: 525.32kcal (26.27%), Fat: 31.19g (47.98%), Saturated Fat: 7.88g (49.25%), Carbohydrates: 48.32g (16.11%), Net Carbohydrates: 42.58g (15.48%), Sugar: 4.4g (4.89%), Cholesterol: 22.98mg (7.66%), Sodium: 1010.28mg (43.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.7%), Vitamin K: 253.83µg (241.74%), Vitamin A: 6806.38IU (136.13%), Folate: 178.08µg (44.52%), Manganese: 0.82mg (40.91%), Vitamin B1: 0.55mg (36.71%), Selenium: 24.34µg (34.77%), Phosphorus: 247.61mg (24.76%), Vitamin B2: 0.41mg (24.4%), Iron: 4.27mg (23.7%), Calcium: 232.26mg (23.23%), Fiber: 5.74g (22.96%), Vitamin E: 3.25mg (21.66%), Vitamin B3: 4.2mg (21.02%), Magnesium: 74.3mg (18.58%), Copper: 0.24mg (11.93%), Potassium: 350.85mg (10.02%), Vitamin B6: 0.17mg (8.37%), Zinc: 1.08mg (7.23%), Vitamin C: 3.54mg (4.29%), Vitamin B12: 0.21µg (3.52%), Vitamin B5: 0.31mg (3.07%)