



Greek Salad Pinwheels

READY IN



145 min.

SERVINGS



48

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz whipped cream
- 4 oz feta cheese crumbled
- 0.3 cup cucumber finely chopped
- 11 oz flour tortilla for burritos (8 count)
- 0.3 cup kalamata olives pitted coarsely chopped
- 1.5 cups plum tomatoes chopped (Roma)
- 3 cups baby spinach fresh

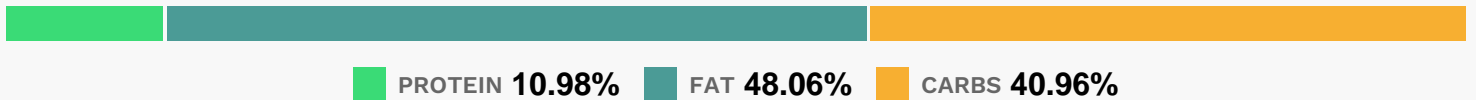
Equipment

- bowl
- paper towels
- plastic wrap
- hand mixer
- microwave

Directions

- In small bowl, beat cream cheese and feta cheese with electric mixer on medium speed until smooth. Stir in cucumber.
- Place tortillas on microwavable plate or microwavable paper towel; microwave uncovered on High 10 to 15 seconds to soften.
- Spread about 1/4 cup cheese mixture over each tortilla. Top evenly with olives and tomatoes. Arrange 1/2 cup spinach on each tortilla to within 1/2 inch of edge.
- Roll up tightly; wrap in plastic wrap. Refrigerate 2 to 3 hours to blend flavors.
- Trim ends of rolled tortillas if desired.
- Cut each roll into eight 1-inch slices. Arrange with cut sides down on serving dish.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:1.45, Inflammation Score:-2, Nutrition Score:2.2165217295937%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 41.52kcal (2.08%), Fat: 2.24g (3.45%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.91g (1.42%), Sugar: 0.84g (0.93%), Cholesterol: 5.69mg (1.9%), Sodium: 91.62mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Vitamin K: 10.32µg (9.83%), Vitamin A: 284.09IU (5.68%), Folate: 11.91µg (2.98%), Manganese: 0.06mg (2.94%), Calcium: 29.12mg (2.91%), Vitamin B1: 0.04mg (2.85%),

Phosphorus: 28.47mg (2.85%), Vitamin B2: 0.05mg (2.74%), Selenium: 1.9µg (2.71%), Vitamin C: 1.57mg (1.9%),
Vitamin B3: 0.37mg (1.87%), Iron: 0.33mg (1.84%), Fiber: 0.39g (1.58%), Potassium: 46.17mg (1.32%), Vitamin B6:
0.03mg (1.31%), Magnesium: 4.91mg (1.23%)