



Greek Salad Pinwheels

 Vegetarian

READY IN



145 min.

SERVINGS



48

CALORIES



45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups baby spinach fresh
- 8 oz alouette garlic & herbs spreadable cheese
- 0.3 cup cucumber finely chopped
- 4 oz feta cheese crumbled
- 6 8-inch flour tortilla for burritos, (from 11.5-oz package)
- 0.3 cup kalamata olives pitted coarsely chopped
- 1.5 cups plum tomatoes chopped (Roma)

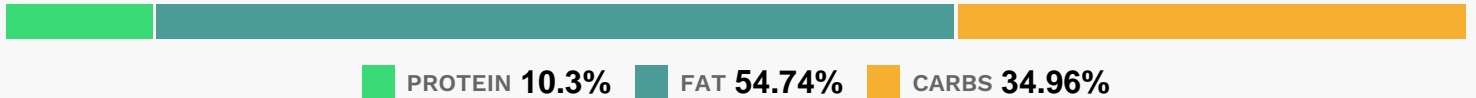
Equipment

- 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:3.04, Glycemic Load:1.11, Inflammation Score:-2, Nutrition Score:2.0569565242723%

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: 45.43kcal (2.27%), Fat: 2.83g (4.35%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.67g (1.34%), Sugar: 0.46g (0.51%), Cholesterol: 7.24mg (2.41%), Sodium: 116.03mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin K: 10.22µg (9.73%), Vitamin A: 251.72IU (5.03%), Folate: 11.65µg (2.91%), Manganese: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.69%), Selenium: 1.8µg (2.58%),

Vitamin B2: 0.04mg (2.54%), Calcium: 24.17mg (2.42%), Phosphorus: 24.02mg (2.4%), Vitamin C: 1.57mg (1.9%),
Vitamin B3: 0.37mg (1.83%), Iron: 0.32mg (1.8%), Fiber: 0.39g (1.56%), Vitamin B6: 0.02mg (1.21%), Potassium:
39.07mg (1.12%), Magnesium: 4.36mg (1.09%)