



Ham Pinwheels

READY IN

ready

35 min.

SERVINGS

servings

25

CALORIES

calories

132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 25 servings bacon bits to taste
- ☐ 8 ounce cream cheese softened
- ☐ 1 cucumber peeled seeded thinly sliced
- ☐ 4 ounce deli ham thinly sliced buddig® such as
- ☐ 5 10-inch flour tortillas
- ☐ 1 head lettuce separated
- ☐ 0.3 teaspoon southwest seasoning to taste southwest essence® such as Emeril's
- ☐ 8 ounce cheddar cheese shredded

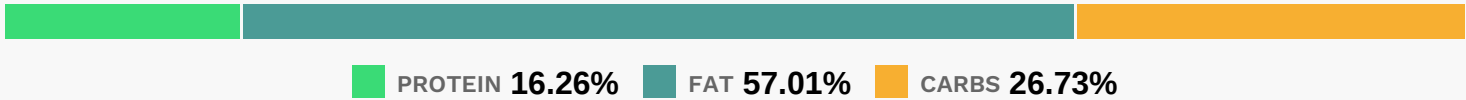
Equipment

- ☐ toothpicks

Directions

- ☐ Place a tortilla onto a work surface and spread about 2 tablespoons cream cheese evenly over the tortilla.
- ☐ Layer 3 slices of deli ham over half the tortilla, followed by about 2 tablespoons Cheddar cheese, 3 or 4 cucumber slices, 2 or 3 lettuce leaves, a small sprinkle of bacon bits, and a pinch of southwest seasoning. Leave half the tortilla uncovered by fillings except the cream cheese.
- ☐ Starting from the layered half of the tortilla, tightly roll into a log and secure with toothpicks. Slice rolls into 1/2-inch thick slices to serve.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:2.53, Inflammation Score:-3, Nutrition Score:4.6417390911475%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 131.98kcal (6.6%), Fat: 8.39g (12.92%), Saturated Fat: 4.3g (26.88%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 7.9g (2.87%), Sugar: 1.48g (1.65%), Cholesterol: 21.05mg (7.02%), Sodium: 264.81mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.77%), Selenium: 7.61µg (10.87%), Calcium: 101.05mg (10.11%), Phosphorus: 98.88mg (9.89%), Vitamin B1: 0.12mg (8.07%), Vitamin K: 7.78µg (7.41%), Vitamin B2: 0.12mg (7.04%), Vitamin A: 330.44IU (6.61%), Folate: 25.34µg (6.33%), Manganese: 0.11mg (5.49%), Vitamin B3: 0.88mg (4.42%), Zinc: 0.63mg (4.2%), Iron: 0.71mg (3.96%), Fiber: 0.96g (3.82%), Magnesium: 11.24mg (2.81%), Potassium: 98.22mg (2.81%), Vitamin B6: 0.05mg (2.67%), Vitamin B12: 0.16µg (2.62%), Copper: 0.04mg (2.13%), Vitamin E: 0.28mg (1.89%), Vitamin B5: 0.18mg (1.82%), Vitamin C: 1.01mg (1.22%)