



Italian BLT Pinwheels

 Gluten Free

READY IN



90 min.

SERVINGS



24

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz cream cheese softened
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup sun-dried tomatoes finely chopped in oil
- ☐ 6 slices bacon crumbled cooked
- ☐ 3 9-inch alouette all natural sundried tomato and basil spreadable cheese (diameter)
- ☐ 1 cup plum tomatoes italian seeded chopped (3 medium)
- ☐ 1.5 cups the of 1 cos lettuce shredded

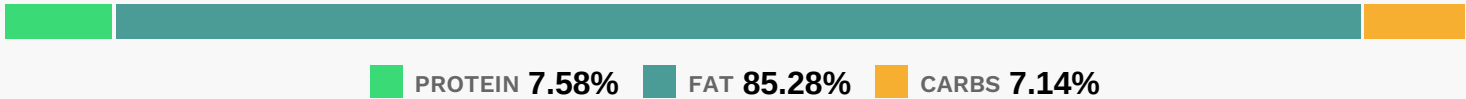
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ serrated knife

Directions

- ☐ In small bowl, mix cream cheese, mayonnaise and sun-dried tomatoes until well blended. Gently stir in bacon.
- ☐ Spread mayonnaise mixture evenly over tortillas. Top each evenly with plum tomatoes and lettuce; roll up tightly. Wrap each tortilla roll in plastic wrap; refrigerate 1 hour.
- ☐ To serve, with serrated knife, cut each roll into about 1-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:4.79, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:1.9708695563933%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 62.72kcal (3.14%), Fat: 6.02g (9.26%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.5g (0.56%), Cholesterol: 8.71mg (2.9%), Sodium: 82.7mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin K: 11.5µg (10.95%), Vitamin A: 420.29IU (8.41%), Vitamin C: 2.63mg (3.19%), Selenium: 1.57µg (2.25%), Potassium: 65.7mg (1.88%), Phosphorus: 18.64mg (1.86%), Vitamin E: 0.26mg (1.73%), Vitamin B3: 0.32mg (1.62%), Folate: 6.4µg (1.6%), Vitamin B2: 0.02mg (1.45%), Vitamin B1: 0.02mg (1.38%), Vitamin B6: 0.03mg (1.37%), Manganese: 0.02mg (1.12%)