



Mexican Pinwheels

READY IN



45 min.

SERVINGS



32

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.5 ounce chiles green drained chopped canned
- 8 ounce cream cheese fat-free softened
- 8 8-inch flour tortillas ()
- 1 garlic clove pressed
- 0.3 cup green onions chopped
- 2.3 ounce olives ripe drained sliced canned
- 4 ounces sharp cheddar cheese shredded reduced-fat
- 0.5 cup cup heavy whipping cream fat-free sour
- 0.3 teaspoon herb-and-spice blend salt-free

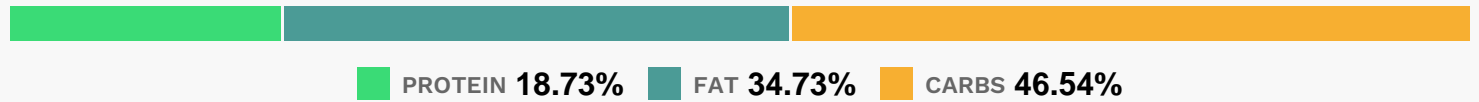
Equipment

- blender
- plastic wrap

Directions

- Beat cream cheese and sour cream with a mixer at medium speed until smooth. Stir in Cheddar cheese and next 5 ingredients.
- Spread cheese mixture evenly over each tortilla; roll up tortillas. Wrap each separately in plastic wrap. Chill up to 8 hours.
- To serve, unwrap each roll, and cut into 8 slices. Secure pinwheels with wooden picks, if desired.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:2.04, Inflammation Score:-1, Nutrition Score:2.9004347538171%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 67.88kcal (3.39%), Fat: 2.61g (4.02%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 7.26g (2.64%), Sugar: 0.92g (1.03%), Cholesterol: 4.72mg (1.57%), Sodium: 218.95mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.35%), Phosphorus: 84.08mg (8.41%), Calcium: 77.04mg (7.7%), Selenium: 4.44µg (6.34%), Vitamin B1: 0.07mg (4.74%), Folate: 18.58µg (4.64%), Vitamin B2: 0.08mg (4.6%), Manganese: 0.07mg (3.48%), Vitamin K: 3.44µg (3.28%), Iron: 0.58mg (3.2%), Vitamin B3: 0.62mg (3.11%), Fiber: 0.63g (2.5%), Zinc: 0.33mg (2.22%), Vitamin C: 1.59mg (1.93%), Vitamin B12: 0.12µg (1.93%), Magnesium: 6.39mg (1.6%), Potassium: 52.08mg (1.49%), Vitamin A: 72.33IU (1.45%), Vitamin B6: 0.02mg (1.09%), Copper: 0.02mg (1.07%), Vitamin B5: 0.1mg (1.01%)