



## Nacho Cheese Pinwheels

READY IN



85 min.

SERVINGS



36

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 11 oz flour tortilla for burritos (8 count)
- 0.5 cup gorgonzola dip
- 0.5 cup nacho cheese dip
- 3 tablespoons cilantro leaves fresh chopped

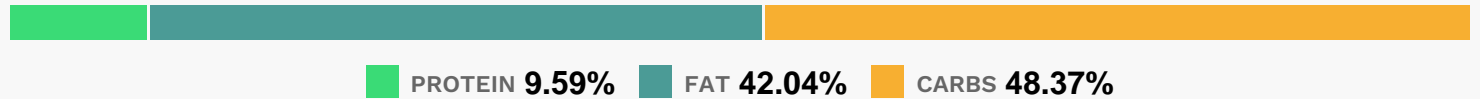
### Equipment

- plastic wrap
- toothpicks

## Directions

- Spread each tortilla with about 2 tablespoons bean dip and 2 tablespoons cheese dip.
- Sprinkle each with onions.
- Tightly roll up tortillas; wrap individually in plastic wrap. Refrigerate at least 1 hour but no longer than 24 hours. To serve, cut off ends from each roll and discard.
- Cut rolls into 1/2- to 3/4-inch slices. Secure with toothpicks if desired.

## Nutrition Facts



## Properties

Glycemic Index:1.83, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:0.99913044225263%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 39.53kcal (1.98%), Fat: 1.83g (2.81%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.43g (1.61%), Sugar: 0.67g (0.75%), Cholesterol: 0.3mg (0.1%), Sodium: 109.37mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin B1: 0.04mg (2.91%), Selenium: 1.93µg (2.76%), Manganese: 0.04mg (2.15%), Folate: 8.16µg (2.04%), Calcium: 19.4mg (1.94%), Vitamin B3: 0.38mg (1.92%), Phosphorus: 17.86mg (1.79%), Iron: 0.31mg (1.75%), Vitamin B2: 0.02mg (1.44%), Fiber: 0.3g (1.22%)