



Nacho Pinwheels

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon chili powder
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.7 cup water
- ☐ 2 tablespoons butter melted
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 serving salsa
- ☐ 1 serving cream sour
- ☐ 3 cups frangelico

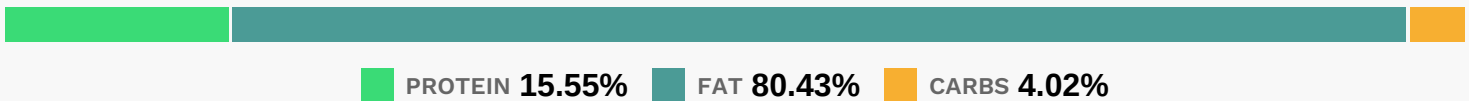
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Grease cookie sheet with shortening or cooking spray. In large bowl, stir Bisquick mix, chili powder, oregano and water until soft dough forms.
- ☐ Place dough on surface sprinkled with Bisquick mix; gently roll in Bisquick mix to coat. Shape into a ball; knead 10 times.
- ☐ Roll dough into 18x10-inch rectangle.
- ☐ Brush butter over dough.
- ☐ Sprinkle with cheese.
- ☐ Roll up rectangle tightly, beginning at 18-inch side. Pinch edge into roll to seal.
- ☐ Cut into 18 slices.
- ☐ Place on cookie sheet.
- ☐ Bake 11 to 13 minutes or until golden brown.
- ☐ Serve warm with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:3.1486956334632%

Nutrients (% of daily need)

Calories: 117.32kcal (5.87%), Fat: 10.62g (16.34%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.36g (0.4%), Cholesterol: 20.08mg (6.69%), Sodium: 208.67mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Calcium: 142.81mg (14.28%), Vitamin A: 471.32IU (9.43%), Phosphorus: 91.86mg (9.19%), Selenium: 5.53µg (7.9%), Vitamin B2: 0.09mg (5.49%), Zinc: 0.73mg

(4.86%), Vitamin B12: 0.21µg (3.49%), Vitamin E: 0.48mg (3.23%), Vitamin K: 2.01µg (1.91%), Magnesium: 7.33mg (1.83%), Vitamin B6: 0.03mg (1.53%), Folate: 4.81µg (1.2%), Potassium: 39.75mg (1.14%), Manganese: 0.02mg (1.04%), Vitamin B5: 0.1mg (1.03%), Fiber: 0.25g (1.02%)