



Olive-and-Cheese Pinwheels

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 11 ounce breadstick dough refrigerated soft canned
- ☐ 4 ounces block nonfat cream cheese softened
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup pimento-stuffed olives green chopped

Equipment

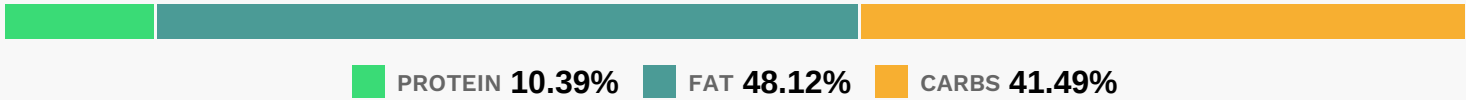
- ☐ bowl
- ☐ oven

- ☐ blender
- ☐ muffin liners

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients in a medium bowl; beat at medium speed of a mixer until smooth. Stir in olives.
- ☐ Unroll breadstick dough (do not separate the dough into breadsticks).
- ☐ Spread cheese mixture evenly over dough. Beginning at one short side, roll up dough tightly, jelly-roll fashion, and pinch the seam to seal (do not seal ends of roll).
- ☐ Cut the dough along perforations into 8 slices.
- ☐ Place the slices, cut side up, into muffin cups coated with cooking spray.
- ☐ Bake at 400 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.7217391253975%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 165.47kcal (8.27%), Fat: 9.08g (13.97%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 16.62g (6.04%), Sugar: 2.92g (3.25%), Cholesterol: 1.7mg (0.57%), Sodium: 566.25mg (24.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Phosphorus: 74.73mg (7.47%), Calcium: 56.69mg (5.67%), Fiber: 0.99g (3.97%), Vitamin E: 0.51mg (3.43%), Vitamin K: 2.71µg (2.59%), Vitamin B2: 0.04mg (2.31%), Vitamin B12: 0.13µg (2.24%), Zinc: 0.22mg (1.48%), Folate: 5.72µg (1.43%), Potassium: 44.94mg (1.28%), Vitamin B5: 0.12mg (1.23%), Magnesium: 4.41mg (1.1%), Selenium: 0.76µg (1.08%)