



Party Pinwheels

 Vegetarian

READY IN



190 min.

SERVINGS



36

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 6-inch flour tortillas ()
- 0.8 cup pasilla peppers green finely chopped
- 9 oz oscar mayer deli combos the honey fresh
- 16 oz philadelphia neufchatel cheese softened

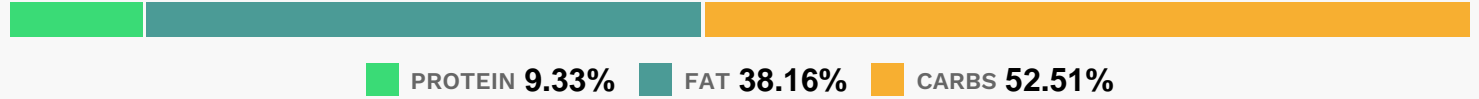
Equipment

- plastic wrap

Directions

- Spread tortillas with Neufchatel.
- Top with remaining ingredients; roll up. Wrap individually in plastic wrap.
- Refrigerate several hours or until chilled.
- Cut each roll-up into 6 slices to serve.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:4.74, Inflammation Score:-1, Nutrition Score:1.8921739109184%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 84.64kcal (4.23%), Fat: 3.67g (5.65%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 10.96g (3.99%), Sugar: 6.67g (7.41%), Cholesterol: 9.32mg (3.11%), Sodium: 116.06mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Phosphorus: 38.89mg (3.89%), Selenium: 2.66µg (3.81%), Vitamin B1: 0.05mg (3.66%), Vitamin C: 2.53mg (3.07%), Vitamin B2: 0.05mg (3.02%), Manganese: 0.06mg (3.01%), Calcium: 30.08mg (3.01%), Folate: 11.62µg (2.9%), Vitamin B3: 0.49mg (2.46%), Vitamin A: 117.45IU (2.35%), Iron: 0.42mg (2.33%), Fiber: 0.42g (1.67%), Zinc: 0.18mg (1.17%), Potassium: 40.77mg (1.16%), Vitamin K: 1.16µg (1.11%)