



## Pinwheel Bites

READY IN



5 min.

SERVINGS



5

CALORIES



22 kcal

SIDE DISH

### Ingredients

- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 1 singles kraft
- 1 tsp miracle whip dressing
- 1 slice bread whole wheat

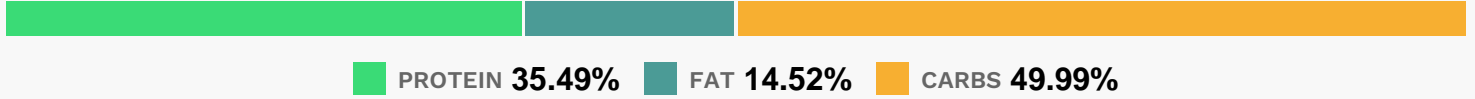
### Equipment

- rolling pin

### Directions

- Flatten bread with rolling pin; spread with dressing.
- Top with turkey and Singles; roll up tightly.
- Cut crosswise into 4 pinwheels.

## Nutrition Facts



## Properties

Glycemic Index:13.94, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:1.4256521720925%

## Nutrients (% of daily need)

Calories: 22.42kcal (1.12%), Fat: 0.36g (0.56%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.45g (0.89%), Sugar: 0.42g (0.46%), Cholesterol: 3.79mg (1.26%), Sodium: 109.84mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Manganese: 0.12mg (6.06%), Vitamin B3: 0.9mg (4.5%), Selenium: 2.4µg (3.42%), Phosphorus: 32.27mg (3.23%), Vitamin B6: 0.04mg (2.21%), Vitamin B1: 0.03mg (1.69%), Magnesium: 6.18mg (1.55%), Fiber: 0.36g (1.42%), Potassium: 40.88mg (1.17%), Calcium: 11.4mg (1.14%), Vitamin B5: 0.11mg (1.09%)