

SIDE DISH

Prosciutto and Parmesan Pinwheels

29 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	10 min	10 min	8	\$1.60	486 kcal



The recipe Prosciutto and Parmesan Pinwheels can be made in roughly 20 minutes. For \$1.6 per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. One portion of this dish contains about 13g of protein, 35g of fat, and a total of 486 calories. This recipe serves 8.

Ingredients

- ☐ 2 teaspoons prepared Dijon mustard
- ☐ 5 ounces prosciutto, thinly sliced
- ☐ 5 ounces Parmesan cheese, thinly sliced
- ☐ 17½ ounce package frozen puff pastry sheets, thawed

EQUIPMENT Baking sheet, Oven

Method

- 1 Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with nonstick oil spray.
- 2 Roll the thawed pastry out onto a flat surface.
- 3 Spread Dijon mustard to taste on the pastry sheets. Cover pastry with a layer of prosciutto, then cheese.
- 4 Roll the sheets, beginning at the long side.
- 5 Cut into 1 inch thick sections. Arrange the sections on the prepared baking sheet.
- 6 Bake 10 to 12 minutes.

Nutrition per serving

486

KCAL

13 g

PROTEIN

35 g

FAT

29 g

CARBS

Saturated Fat

11.3 g · 70% of daily needs

Fibre

1 g · 4% of daily needs

Sugar

0.6 g · 1% of daily needs

Sodium

569 mg · 25% of daily needs

Cholesterol

23.7 mg · 8% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/prosciutto-and-parmesan-pinwheels-146344