



Prosciutto and Parmesan Pinwheels

READY IN



20 min.

SERVINGS



8

CALORIES



486 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons dijon mustard prepared
- ☐ 5 ounces parmesan cheese thinly sliced
- ☐ 5 ounces pancetta thinly sliced
- ☐ 17.5 ounce puff pastry sheets frozen thawed

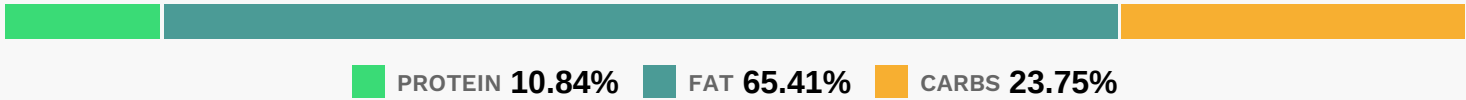
Equipment

- ☐ baking sheet
- ☐ oven

Directions

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

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:15.3, Inflammation Score:-3, Nutrition Score:9.2878262637912%

Nutrients (% of daily need)

Calories: 485.81kcal (24.29%), Fat: 35.28g (54.28%), Saturated Fat: 11.25g (70.29%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 27.85g (10.13%), Sugar: 0.62g (0.69%), Cholesterol: 23.74mg (7.91%), Sodium: 569.31mg (24.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.3%), Selenium: 22.98µg (32.83%), Calcium: 217.66mg (21.77%), Vitamin B1: 0.31mg (20.33%), Phosphorus: 187.04mg (18.7%), Vitamin B3: 3.35mg (16.76%), Manganese: 0.31mg (15.67%), Vitamin B2: 0.25mg (14.68%), Folate: 49.7µg (12.42%), Iron: 1.83mg (10.14%), Vitamin K: 10.3µg (9.81%), Zinc: 1.03mg (6.89%), Magnesium: 20.44mg (5.11%), Vitamin B12: 0.3µg (5.02%), Copper: 0.08mg (4.24%), Fiber: 0.98g (3.94%), Vitamin B6: 0.08mg (3.86%), Vitamin E: 0.45mg (3.03%), Vitamin A: 146.44IU (2.93%), Potassium: 91.09mg (2.6%), Vitamin B5: 0.18mg (1.82%), Vitamin D: 0.16µg (1.06%)