



Prosciutto-Dijon Pinwheels

READY IN



150 min.

SERVINGS



30

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup philadelphia garden vegetable cream cheese spread
- 2 Tbsp grey poupon dijon mustard
- 3.5 oz pancetta thin
- 5 oz provolone cheese thin
- 40 ritz crackers

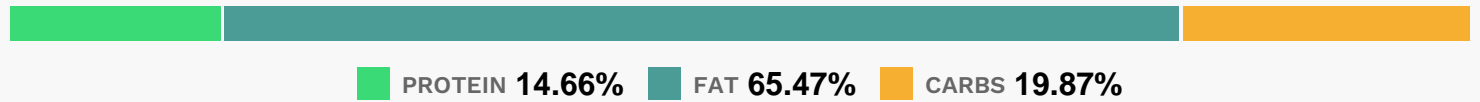
Equipment

- plastic wrap

Directions

- Mix cream cheese spread and mustard until well blended.
- Place 2 of the prosciutto slices, side-by-side, on work surface with long sides overlapping slightly. Top with 2 provolone slices; spread with 2 Tbsp. of the cream cheese mixture.
- Roll up from 1 of the short sides. Wrap tightly with plastic wrap. Repeat to make a total of 5 rolls. Refrigerate at least 2 hours.
- Cut each roll into 8 slices.
- Place 1 slice on each cracker.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.3821739100892%

Nutrients (% of daily need)

Calories: 60.05kcal (3%), Fat: 4.35g (6.69%), Saturated Fat: 2g (12.47%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.84g (1.03%), Sugar: 0.48g (0.54%), Cholesterol: 7.79mg (2.6%), Sodium: 120.08mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Calcium: 47.22mg (4.72%), Phosphorus: 40.2mg (4.02%), Selenium: 1.87µg (2.68%), Vitamin K: 2.12µg (2.02%), Vitamin B1: 0.03mg (1.97%), Vitamin B2: 0.03mg (1.71%), Vitamin B3: 0.34mg (1.71%), Vitamin A: 79.45IU (1.59%), Zinc: 0.22mg (1.48%), Vitamin B12: 0.09µg (1.43%), Manganese: 0.03mg (1.33%), Iron: 0.23mg (1.29%), Vitamin E: 0.17mg (1.12%)