



Roast Beef and Swiss Tortilla Pinwheels

READY IN



10 min.

SERVINGS



16

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons ranch dressing
- 2 8-inch flour tortilla ()
- 2 large leaf romaine leaves
- 4 oz pan drippings from roast beef preferably thinly sliced
- 3 oz swiss cheese
- 2 teaspoons onion diced red
- 1 serving toppings: such as pickles

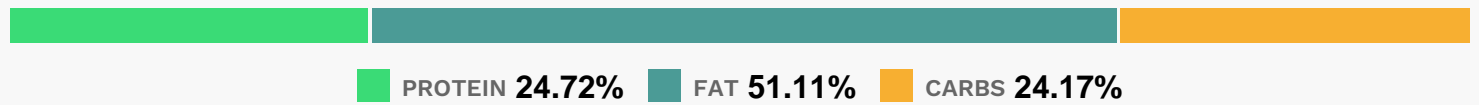
Equipment

toothpicks

Directions

- Spread 1 tablespoon dressing on each tortilla, covering entire surface. Top each with lettuce leaf and half of beef, cheese and onion.
- Roll up each tortilla tightly.
- To serve, cut rolls into 1-inch slices. Insert cocktail toothpick into each to secure.
- Serve with pickle wedges.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:2.5652173761602%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 57.57kcal (2.88%), Fat: 3.26g (5.01%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.2g (1.16%), Sugar: 0.39g (0.43%), Cholesterol: 9.47mg (3.16%), Sodium: 213.18mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Calcium: 79.28mg (7.93%), Phosphorus: 61.57mg (6.16%), Selenium: 3.56µg (5.09%), Vitamin B12: 0.28µg (4.74%), Vitamin B3: 0.82mg (4.09%), Vitamin C: 3.32mg (4.02%), Vitamin K: 3.73µg (3.55%), Zinc: 0.53mg (3.54%), Vitamin B2: 0.05mg (2.76%), Vitamin B1: 0.04mg (2.55%), Iron: 0.4mg (2.24%), Vitamin B6: 0.04mg (1.91%), Folate: 7.61µg (1.9%), Manganese: 0.04mg (1.82%), Magnesium: 5.06mg (1.27%), Vitamin A: 61.53IU (1.23%), Potassium: 37.94mg (1.08%), Fiber: 0.27g (1.08%)