



Smoked Salmon Pinwheels

READY IN



130 min.

SERVINGS



24

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cream cheese softened reduced-fat (Neufchâtel)
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 4 10-inch flour tortilla (8 to 10 inches in diameter)
- ☐ 4.5 ounces salmon smoked finely chopped
- ☐ 16 pkt spinach
- ☐ 16 strips bell pepper red (5x)

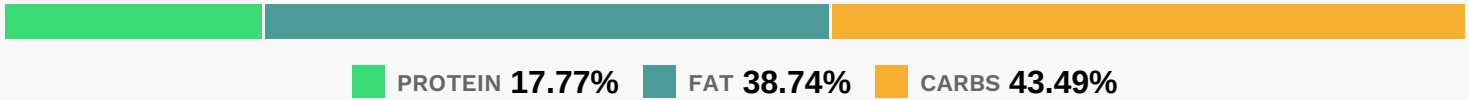
Equipment

- ☐ plastic wrap

Directions

- ☐ Mix cream cheese and dill weed.
- ☐ Spread about 1/4 cup of the cream cheese mixture over each tortilla.
- ☐ Sprinkle each with 1/4 cup salmon.
- ☐ Place 3 or 4 spinach leaves and 4 bell pepper strips evenly spaced on each tortilla.
- ☐ Roll up tortillas tightly; seal edge of each tortilla by spreading with additional cream cheese mixture. wrap securely with plastic wrap and refrigerate at least 2 hours but no longer than 24 hours.
- ☐ To serve, cut into 1-inch pieces.
- ☐ Place cut side up on serving platter.

Nutrition Facts



Properties

Glycemic Index:4.71, Glycemic Load:1.83, Inflammation Score:-2, Nutrition Score:2.843478270199%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 61.25kcal (3.06%), Fat: 2.61g (4.02%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.16g (2.24%), Sugar: 1.01g (1.13%), Cholesterol: 6.33mg (2.11%), Sodium: 162.03mg (7.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.39%), Selenium: 4.71µg (6.73%), Vitamin D: 0.94µg (6.25%), Phosphorus: 47.63mg (4.76%), Vitamin B12: 0.26µg (4.34%), Vitamin B1: 0.06mg (4.31%), Vitamin K: 4.2µg (4%), Vitamin B3: 0.79mg (3.95%), Folate: 14.49µg (3.62%), Vitamin B2: 0.06mg (3.39%), Manganese: 0.07mg (3.33%), Calcium: 32.35mg (3.23%), Vitamin A: 141.46IU (2.83%), Iron: 0.51mg (2.82%), Fiber: 0.44g (1.75%), Potassium: 52.48mg (1.5%), Vitamin B5: 0.15mg (1.48%), Vitamin B6: 0.03mg (1.46%), Copper: 0.03mg (1.42%), Vitamin C: 1.05mg (1.28%), Magnesium: 4.9mg (1.22%)