

Tortilla Pinwheels

 Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



322 kcal

SIDE DISH

Ingredients

- 0.3 cup olives black chopped
- 8 ounce whipped cream cheese
- 10 10-inch flour tortillas ()
- 0.5 cup green onions chopped
- 0.8 cup ham chopped

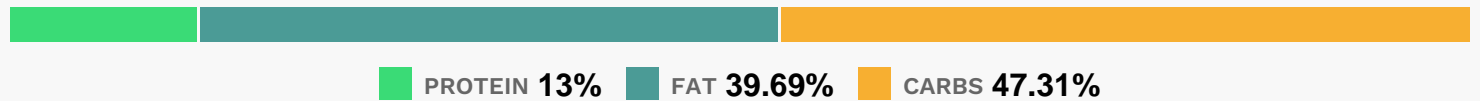
Equipment

- plastic wrap

Directions

- Spread whipped cream cheese spread evenly on tortillas.
- Sprinkle the green onions, black olives and chopped ham slices evenly between all ten of the tortillas.
- Roll tortillas up jellyroll style. Cover with plastic wrap and refrigerate for 2 hours.
- Remove from refrigerator and slice at 3/4 inch intervals. Arrange on tray and serve.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:12.56, Inflammation Score:-4, Nutrition Score:10.786521807961%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 322.1kcal (16.1%), Fat: 14.13g (21.74%), Saturated Fat: 6.31g (39.45%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 35.22g (12.81%), Sugar: 4.55g (5.05%), Cholesterol: 28.24mg (9.41%), Sodium: 781.09mg (33.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Vitamin B1: 0.47mg (31.37%), Selenium: 20.02µg (28.59%), Phosphorus: 204.34mg (20.43%), Vitamin B3: 3.94mg (19.68%), Manganese: 0.36mg (17.83%), Folate: 70.31µg (17.58%), Iron: 2.8mg (15.54%), Vitamin K: 15.87µg (15.11%), Vitamin B2: 0.26mg (15.03%), Calcium: 131.7mg (13.17%), Fiber: 2.69g (10.77%), Vitamin B6: 0.12mg (6.11%), Zinc: 0.89mg (5.92%), Magnesium: 22.64mg (5.66%), Potassium: 186.8mg (5.34%), Copper: 0.1mg (4.9%), Vitamin A: 218.47IU (4.37%), Vitamin B12: 0.18µg (2.99%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.37mg (2.43%), Vitamin D: 0.21µg (1.43%), Vitamin C: 0.94mg (1.14%)