



Tortilla Pinwheels

 Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



317 kcal

SIDE DISH

Ingredients

- 8 ounce whipped cream
- 10 10-inch flour tortilla ()
- 0.5 cup spring onion chopped
- 0.8 cup deli honey ham chopped

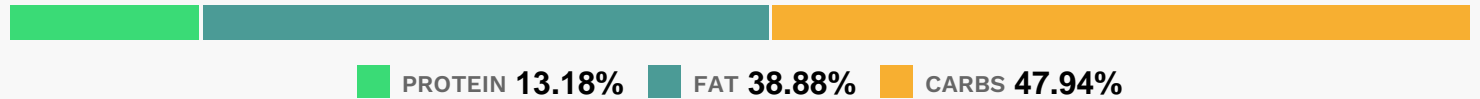
Equipment

- 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:10.679565103158%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 317.2kcal (15.86%), Fat: 13.62g (20.95%), Saturated Fat: 6.24g (39.02%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 35.2g (12.8%), Sugar: 4.53g (5.03%), Cholesterol: 28.24mg (9.41%), Sodium: 728.44mg (31.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.77%), Vitamin B1: 0.47mg (31.33%), Selenium: 19.99µg (28.55%), Phosphorus: 204.21mg (20.42%), Vitamin B3: 3.93mg (19.64%), Manganese: 0.36mg (17.83%), Folate: 70.21µg (17.55%), Iron: 2.78mg (15.45%), Vitamin K: 15.82µg (15.07%), Vitamin B2: 0.26mg (15.02%), Calcium: 129.95mg (12.99%), Fiber: 2.58g (10.32%), Vitamin B6: 0.12mg (6.05%), Zinc: 0.89mg (5.91%), Magnesium: 22.27mg (5.57%), Potassium: 185.39mg (5.3%), Copper: 0.09mg (4.7%), Vitamin A: 205.2IU (4.1%), Vitamin B12: 0.18µg (2.99%), Vitamin B5: 0.27mg (2.69%), Vitamin E: 0.24mg (1.58%), Vitamin D: 0.21µg (1.43%), Vitamin C: 0.94mg (1.14%)