



Touchdown Pinwheels

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup olives black chopped
- ☐ 4.5 oz chiles green drained chopped canned
- ☐ 16 oz cream cheese softened
- ☐ 5 12-inch flour tortillas
- ☐ 0.8 cup olives green with pimientos, chopped
- ☐ 2 green onions chopped
- ☐ 4 oz pimientos drained chopped
- ☐ 1 oz ranch salad dressing mix

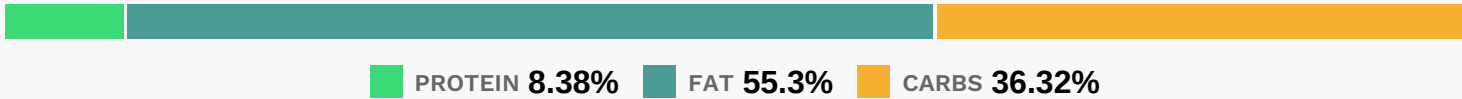
Equipment

☐ plastic wrap

Directions

- ☐ Combine cream cheese, dressing mix and onions. Blend well; spread evenly over one side of each tortilla.
- ☐ Stir together olives, chiles and pimentos; spoon over cream cheese mixture.
- ☐ Roll up each tortilla jelly-roll style; wrap each in plastic wrap. Chill for at least 2 hours; cut into one-inch slices.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:2.04, Inflammation Score:-2, Nutrition Score:2.3230434928251%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 78.55kcal (3.93%), Fat: 4.86g (7.48%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.52g (2.37%), Sugar: 0.91g (1.01%), Cholesterol: 9.54mg (3.18%), Sodium: 238.21mg (10.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Selenium: 3.51µg (5.02%), Vitamin A: 214.55IU (4.29%), Vitamin B1: 0.06mg (4.26%), Vitamin C: 3.46mg (4.19%), Phosphorus: 35.72mg (3.57%), Folate: 14.06µg (3.52%), Vitamin B2: 0.06mg (3.44%), Manganese: 0.06mg (3.13%), Iron: 0.55mg (3.08%), Calcium: 30.18mg (3.02%), Vitamin B3: 0.58mg (2.9%), Fiber: 0.67g (2.67%), Vitamin K: 2.39µg (2.27%), Vitamin E: 0.26mg (1.76%), Vitamin B6: 0.02mg (1.17%), Potassium: 38.03mg (1.09%), Magnesium: 4.3mg (1.07%), Copper: 0.02mg (1.05%)