



Turkey Club Tortilla Pinwheels

READY IN



50 min.

SERVINGS



48

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup salad dressing
- ☐ 4 oz cream cheese softened
- ☐ 0.5 cup pepperoncini peppers drained chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 slices bacon crumbled cooked
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 0.5 cup tomatoes chopped
- ☐ 0.5 lb turkey cooked thinly sliced
- ☐ 6 leaves lettuce

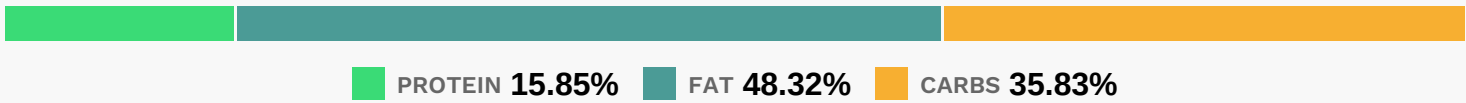
Equipment

- ☐ bowl
- ☐ toothpicks

Directions

- ☐ In small bowl, mix mayonnaise and cream cheese until smooth. Stir in pepperoncini, cilantro and bacon.
- ☐ Warm tortillas as directed on package.
- ☐ Spread about 2 tablespoons mayonnaise mixture on each tortilla. Top each with 1 rounded tablespoon tomato, 1 slice turkey and 1 lettuce leaf.
- ☐ Roll up each tortilla tightly.
- ☐ Cut each roll into 8 pieces; secure each piece with cocktail toothpick.
- ☐ Serve immediately or cover tightly and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:1.07, Inflammation Score:-1, Nutrition Score:1.5160869496024%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 42.65kcal (2.13%), Fat: 2.28g (3.51%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0.68g (0.76%), Cholesterol: 5.46mg (1.82%), Sodium: 94.85mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.37%), Selenium: 2.76µg (3.94%), Vitamin B3: 0.65mg (3.23%), Vitamin B1: 0.04mg (2.74%), Phosphorus: 26mg (2.6%), Vitamin K: 2.43µg (2.31%), Vitamin B2: 0.03mg (1.93%), Manganese: 0.04mg (1.9%), Folate: 7.46µg (1.87%), Vitamin B6: 0.04mg (1.83%), Iron: 0.29mg (1.64%), Vitamin C: 1.32mg (1.6%), Calcium: 13.06mg (1.31%), Fiber: 0.3g (1.21%), Vitamin A: 58.2IU (1.16%)