



Veggie Tortilla Pinwheels

 Vegetarian

READY IN



195 min.

SERVINGS



30

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 oz cream cheese softened
- ☐ 0.5 cup cream sour
- ☐ 2 oz cheddar cheese shredded finely
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 2 tablespoons olives ripe sliced chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 10-inch flour tortilla plain flavored (8 to)

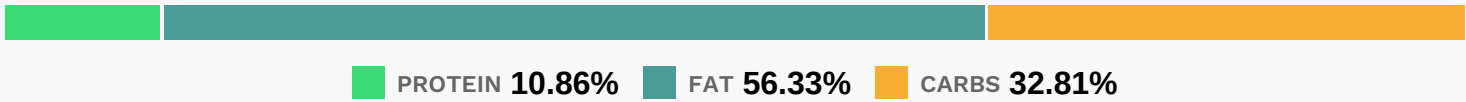
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In medium bowl, mix all ingredients except tortillas.
- ☐ Spread about 1/2 cup of the cheese mixture over one side of each tortilla. Tightly roll tortilla up. Repeat with the remaining tortillas and cheese mixture.
- ☐ Wrap each tortilla roll individually in plastic wrap. Refrigerate at least 3 hours but no longer than 24 hours. To serve, cut each tortilla roll into 1-inch slices.

Nutrition Facts



Properties

Glycemic Index:5.07, Glycemic Load:1.16, Inflammation Score:-1, Nutrition Score:1.5547826011544%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 47.79kcal (2.39%), Fat: 3.01g (4.63%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.65g (1.33%), Sugar: 0.56g (0.62%), Cholesterol: 7.01mg (2.34%), Sodium: 82.41mg (3.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Selenium: 2.49µg (3.55%), Calcium: 30.75mg (3.08%), Phosphorus: 29.44mg (2.94%), Vitamin K: 2.92µg (2.78%), Vitamin A: 133.1IU (2.66%), Vitamin B1: 0.04mg (2.54%), Vitamin B2: 0.04mg (2.49%), Vitamin C: 1.8mg (2.18%), Folate: 8.25µg (2.06%), Manganese: 0.04mg (1.86%), Vitamin B3: 0.33mg (1.66%), Iron: 0.28mg (1.55%), Fiber: 0.29g (1.17%)