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Cream Cheese and Salsa Pinwheels

Cream cheese and salsa pinwheels are a delicious and easy appetizer. They are made by spreading cream cheese and salsa on a tortilla, rolling it up, and slicing it into pinwheels. These pinwheels are perfect for parties, potlucks, or any time you need a quick and tasty snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

250 g	cream cheese
250 g	Salsa
10 pieces	tortillas

Directions

Step 1

Spread cream cheese evenly over each tortilla.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spread salsa evenly over the cream cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Roll up each tortilla tightly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cut

Slice each rolled tortilla into 1-inch pinwheels.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	8 mg	0.8%	0.8%
Iron	6 mg	75%	33.33%
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Picnic

Course

Appetizers

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Teen Friendly

Lactation Friendly

Diet

Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

The Subway Diet

The CICO (Calories In, Calories Out) Diet

The Dukan Diet

The Pritikin Diet

The Starch Solution Diet

The Vertical Diet

The Dr. Sebi Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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