



A Nutrition Resource

MEXICAN PINWHEELS

Yield: 6 Servings | Serving Size: 5 pinwheels

Cost/Serving: \$0.34

Ingredients:

- 3 1/2 Tablespoons (2 ounces) cream cheese, softened
- 2 Tablespoons canned corn, drained
- 2 Tablespoons canned, chopped green chiles, drained
- 2 teaspoons minced onion
- 2 Tablespoons salsa
- 2 (10 inch) flour or whole wheat flour tortillas

Directions:

- 1) Drain the corn and green chiles.
- 2) Collect, chop, and measure all ingredients before starting to prepare the recipe.
- 3) Mix cream cheese, corn, green chiles, onion, and salsa in a bowl.
- 4) Spread mixture on tortillas, roll up tightly, and wrap in plastic wrap.
- 5) Cut in 1-inch slices, and serve immediately, or store in the refrigerator until ready to serve.
- 6) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Add washed, chopped fresh cilantro or spices like cumin and chili powder in step #3.

Nutrition Facts

6 servings per container

Serving size 5 Pinwheels (60g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 6g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 270mg 12%

Total Carbohydrate 22g 8%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 1mg 6%

Potassium 80mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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