

Turkey Pinwheel Appetizers

Yield 16 servings

Ingredients

1 package	cream cheese, low fat (8 oz, garlic and herb)
6	flour tortillas (8 inch)
6 slices	turkey
3	Roma tomatoes (small, chopped)
3 cups	baby spinach leaves (fresh)

Instructions

1. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
2. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.

Cost

Per recipe: \$7.18

Per serving: \$0.44

Source

Ohio State University Cooperative Extension, [Recipes - Ross County](#)

Nutrition Facts	
Serving Size 3 pinwheels (59g)	
Servings Per Container 16	
Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 340mg	14%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	
Vitamin A 6%	• Vitamin C 6%
Calcium 8%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	