



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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