Mexican Pinwheels
Makes 6 servings of 5 pinwheels

Ingredients:
2 ounces cream cheese, softened
2 tablespoons canned corn, drained
2 tablespoons canned, chopped green chilies, drained
2 teaspoons onion, chopped
2 tablespoons salsa
3 large flour tortillas (10-inch)

Directions:
1. Mix cream cheese, corn, green chilies, onions and salsa together.
2. Spread mixture on tortillas and roll up tightly, wrap in plastic wrap.
3. Store in refrigerator until ready to serve.
4. Slice in 1-inch slices and serve.

Nutrition Facts
6 servings per container
Serving size 5 pinwheels (59g)

Amount per serving
Calories 130
% Daily Value*
Total Fat 4.5g 6%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 5mg 2%
Sodium 390mg 17%
Total Carbohydrate 19g 7%
Dietary Fiber 0g 0%
Total Sugars 2g
Includes 0g Added Sugars 0%
Protein 4g

Vitamin D 0mcg 0%
Calcium 15mg 2%
Iron 0mg 0%
Potassium 20mg 0%

*The % Daily Value 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.

31% calories from fat

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension