University of California
Agriculture and Natural Resources

Try it "Tuesdays"

Mexican Pinwheels

Makes: 6 servings 5 pinwheels

Preparation Time: 15 Minutes

Cooking Time: 0

Nutrition Facts

Serving Size 5 pinwheels (60g)
Servings Per Container 6

Amount Per Serving	
Calories 150	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 310mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	

Ingredients

2 ounces cream cheese, softened

2 tablespoons canned corn, drained

2 tablespoons canned, chopped green chilies, drained

2 teaspoon chopped onion

2 tablespoons salsa

3 large flour tortillas (10 inch)

Directions

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

For more information, Contact your local EFNEP office

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