

# APPLE AND BACON PINWHEELS

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

Serves: 1 (Serving = 6 pinwheels)

## Nutrition (per serving)

Calories: 159

Total Carbohydrate: 13 g

Total Fat: 9 g

Dietary Fiber: 4 g

Saturated Fat: 3 g

Protein: 9 g

Sodium: 498 mg



## Ingredients

- 1 whole wheat tortilla (use gluten free tortilla for GF version)
- 1 ½ Tablespoons reduced fat cream cheese (any flavor)
- 1 Tablespoon green onion, chopped
- 1 slice extra lean turkey bacon, cooked and crumbled
- ¼ cup red delicious apple, diced

## Directions

1. Spread cream cheese on tortilla.
2. Layer all other ingredients on top.
3. Roll tortilla tightly and cut in 6 pinwheels.



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