



December 28- Pear Pinwheels

Not Smart Snack

Link: <http://www.recipe.com/pear-pinwheels/>

Recipe

Ingredients:

- 1 whole-wheat tortilla
- ½ oz. shredded cheddar cheese, reduced-fat
- ½ pear, peeled and thinly sliced

Directions:

1. Place tortilla on a microwaveable plate, and sprinkle with half of cheese.
2. Cover cheese with pear slices. Sprinkle pear with remaining cheese.
3. Microwave for 30 seconds or until cheese melts. Roll, and cut into slices.

Yield 1 serving

Nutrition Facts	
Serving Size 1 item (138.17g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 300mg	12%
Total Carbohydrate 32g	11%
Dietary Fiber 7g	26%
Sugars 9g	
Protein 8g	16%
Vitamin A 0%	Vitamin C 6%
Calcium 20%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	