



## 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.