

Mexican Pinwheels

Yield: 20 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-chicken-pinwheels-recipe>

Ingredients:

- 2 flour tortillas vegan
- 2/3 cup Mexican style cheese spreadable, vegan, divided, optional
- 2/3 cup refried beans vegan
- 1/2 avocado medium, ripe, finely sliced or diced, divided
- 1/2 cup red onion finely diced, divided
- 1/2 cup tomatoes finely diced, or chunky salsa, excess liquid drained, divided
- 1/2 cup fresh cilantro finely chopped, divided

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 115 milligrams
9. Sugar: 1 grams

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