



CARROT PECAN PINWHEELS

Nutrition Facts Report
Source: Custom

Yield: 24 (1.000 item(s))
No. Ingredients: 7

Category: Basic Food
Manufacturer: (None)

Ingredients

22.000 sl. Nature's Own 100% Whole Wheat Bread
22.000 sl. White Bread
8.000 oz. Cream Cheese
1.000 c. Carrots, Grated
0.500 c. Pecans
1.000 T. ANGOSTURA Worcestershire Sauce
0.100 t. Hot Sauce

Nutrition Facts

Serving Size 1.00 item(s) (64g)

Amount Per Serving

Calories 157 **Calories from Fat** 59

% Daily Value

Total Fat 6.6g 10 %

Saturated Fat 2.1g 11 %

Trans Fat 0.0g

Cholesterol 10.4mg 3 %

Sodium 298.0mg 12 %

Total Carbohydrate 22.0g 7 %

Dietary Fiber 2.7g 11 %

Sugars 2.6g

Protein 6.2g

Vitamin A 18 % Calcium 5 %

Vitamin C 1 % Iron 5 %

Instructions