Description:

Craving a creamy, savory, bite-sized appetizer that satisfies your comfort food cravings without derailing your nutrition goals? These High-Protein Low-Carb Sausage Cream Cheese Pinwheels combine juicy, seasoned breakfast sausage, velvety cream cheese, sharp cheddar, and a hint of zesty green chiles rolled inside high-fiber low-carb tortillas. Every spiral delivers a rich, creamy crunch and bold savory flavor that makes hitting your daily protein targets feel effortless.

Can This High-Protein Low-Carb Sausage Cream Cheese Pinwheels Support Weight Loss Goals?

Yes, enjoying protein-dense, portion-controlled snacks like these sausage cream cheese pinwheels can be a practical strategy for supporting weight loss goals. Each serving delivers 15 grams of filling protein and 6 grams of fiber, which work together to promote lasting satiety and curb afternoon cravings for sugary or refined-carb snacks. By keeping net carbs low and protein high, these bite-sized spirals help stabilize energy levels and prevent mindless overeating.

Does High-Protein Low-Carb Sausage Cream Cheese Pinwheels Fit a High-Protein Lifestyle?

These savory pinwheels fit seamlessly into a high-protein, low-carb lifestyle by packing 15 grams of protein and only 3 grams of net carbs per serving. Made with lean chicken or turkey breakfast sausage, whipped cream cheese, Greek yogurt, sharp cheddar, and high-protein low-carb tortillas, they transform a classic party appetizer into a macro-friendly powerhouse. Whether you need a quick grab-and-go breakfast or a post-workout savory snack, they make hitting your daily protein numbers simple and delicious.

My Personal Experience

- Draining the Sausage Thoroughly: The first time I made these, skipping the paper towel drain left excess grease in the filling, which made the tortillas soggy; blotting the cooked sausage kept the roll-ups firm and crisp.

- Blending Greek Yogurt with Cream Cheese: Swapping a portion of standard cream cheese for thick plain Greek yogurt made the mixture easier to spread smoothly without

tearing the tortillas while boosting the protein content.

- Chilling Before Slicing: Attempting to slice the rolled logs right away squished the creamy filling out the sides, whereas chilling them in the fridge for 45 minutes produced clean, bakery-worthy spirals.

Perfect For:

- High-Protein Breakfasts: Ideal for busy mornings when you need a savory, grab-and-go meal alongside a cup of coffee or boiled eggs.
- Low-Carb & Keto Diet Plans: Lets you enjoy classic party pinwheels and appetizer platters without blowing through your daily carbohydrate budget.
- High-Protein Afternoon Snacks: Keeps hunger at bay between lunch and dinner with a rich, satisfying balance of protein and healthy fats.
- Game Day & Holiday Appetizers: Offers a crowd-pleasing finger food that appeals to both low-carb eaters and traditional snack lovers alike.

Why You’ll Love This Recipe:

- Zero Oven Baking Required: You only need one skillet to brown the sausage, making this a fast, low-effort recipe that comes together in under 20 minutes of active prep.
- Make-Ahead Meal Prep Friendly: These pinwheels actually taste better after chilling in the refrigerator as the savory herbs, sausage, and creamy cheeses meld together.
- Customizable Heat & Flavor: You can easily dial up the spice with diced jalapeños or keep them mild and kid-friendly with sweet bell peppers and cheddar.

Common Mistakes to Avoid:

- Using Cold Cream Cheese Straight from the Fridge: Cold cream cheese will not blend smoothly with the sausage and will rip your tortillas when spreading; always soften it to room temperature first.
- Skipping the Grease Drain: Failing to drain and blot the cooked sausage introduces excess oil that breaks down the cream cheese emulsion and makes the tortillas mushy.
- Overfilling the Tortillas: Piling the mixture too thick or spreading it all the way to the very edge causes the filling to ooze out when rolling tightly.
- Using a Dull Knife to Slice: Sawing through chilled pinwheels with a dull blade flattens the spirals; use a sharp serrated knife with gentle sawing motions for clean rounds.

Required Equipment:

- Large Non-Stick Skillet — browns the sausage evenly without sticking and allows easy grease draining.
- Medium Mixing Bowl & Silicone Spatula — provides ample space to fold the warm sausage and softened cheeses into a smooth, uniform spread.
- Plastic Wrap — holds the rolled tortilla logs tightly in shape while chilling in the refrigerator.
- Sharp Serrated Knife — slices cleanly through the chilled tortilla layers without squishing the creamy filling.
- Cutting Board — gives a stable, flat surface for rolling and portioning uniform pinwheels.

Storage Instructions:

- Refrigerator: Store sliced pinwheels in an airtight glass container lined with a paper towel to absorb excess moisture for up to 4 days.

- Freezer: Wrap uncut, tightly rolled tortilla logs in plastic wrap and aluminum foil, and freeze for up to 1 month; thaw overnight in the refrigerator before slicing.
- Macro-Friendly Tip: Portion 4 pinwheels into small meal-prep containers so you have ready-to-eat, high-protein snacks measured out for the week.

Table of Contents

- Recipe Details
- □ Ingredients:
- Directions:
- Nutrition Facts (Per Serving – 4 Pinwheels – Approximate):
- Notes:

Recipe Details

- Preparation Time: 15 minutes (plus 45 minutes chilling time)
- Cooking Time: 8 minutes
- Total Time: 1 hour 8 minutes
- Servings: 6 servings (4 pinwheels per serving; 24 pinwheels total)
- Best Season for This Recipe: All-season (cool and refreshing for summer gatherings yet hearty enough for fall and winter game days)
- Total Calories (Per Serving): ~235 kcal *(approximate estimate)*

These creamy, savory Sausage Cream Cheese Pinwheels pack 15 grams of protein and just 3 grams of net carbs into every satisfying serving. Made with lean seasoned sausage, velvety cream cheese, Greek yogurt, and high-fiber tortillas, they require zero baking. Prep a batch ahead of time for effortless high-protein breakfasts, snacks, and party platters.

 Ingredients:

- 1 pound (450g) lean chicken or turkey breakfast sausage *(casing removed; choose lean sausage to maximize protein while keeping excess grease minimal)*
- 6 ounces (170g) reduced-fat cream cheese, softened to room temperature
- 1/4 cup (60g) plain non-fat Greek yogurt *(boosts protein and creates an ultra-creamy, spreadable texture)*
- 3/4 cup (85g) finely shredded sharp cheddar cheese
- 1 can (4 ounces / 113g) diced mild green chiles, well-drained *(squeeze dry with a paper towel so extra liquid does not thin the filling)*
- 3 green onions (scallions), thinly sliced
- 1/2 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon freshly cracked black pepper
- 4 large (8-inch) high-protein, low-carb tortillas *(look for varieties with at least 6–8g protein and high fiber per wrap)*

Directions:

1. Brown the Sausage: Heat a large non-stick skillet over medium-high heat. Add the lean breakfast sausage, breaking it into tiny, uniform crumbles with a wooden spoon as it cooks for 7 to 8 minutes until fully browned with no pink remaining.
2. Drain and Cool Slightly: Transfer the cooked sausage to a plate lined with two layers of paper towels and blot the top dry to remove excess grease. Let the sausage cool for 5 minutes so it does not melt the cream cheese completely. *(Tip: Finely crumbled sausage ensures every single pinwheel slice holds together cleanly.)*

3. Mix the Creamy Filling: In a medium mixing bowl, beat the softened cream cheese and Greek yogurt together with a spatula until completely smooth. Fold in the warm sausage crumbles, shredded sharp cheddar, well-drained green chiles, sliced green onions, garlic powder, smoked paprika, and black pepper until evenly combined.

4. Spread onto Tortillas: Lay the 4 low-carb tortillas flat on a clean work surface. Divide the sausage mixture evenly among the tortillas (about 1/2 cup per tortilla) and spread it into a thin, even layer, leaving a 1/2-inch border bare along the top edge to act as a seal.

5. Roll Tightly: Starting from the bottom edge, roll each tortilla up as tightly as possible without squeezing the filling out the sides. Wrap each rolled log snugly in plastic wrap, twisting the ends to secure.

6. Chill to Set: Place the wrapped logs in the refrigerator for at least 45 minutes (or up to 24 hours) until firm to the touch.

7. Slice and Serve: Unwrap the chilled logs and trim off the uneven 1/2-inch ends. Using a sharp serrated knife, slice each log into 6 even rounds (about 1 inch thick) and arrange on a platter to serve cold or at room temperature.

Nutrition Facts (Per Serving – 4 Pinwheels – Approximate):

- Calories: 235 kcal
- Fats: 13g
- Cholesterol: 65mg
- Sodium: 620mg
- Potassium: 240mg
- Total Carbohydrates: 9g
- Fiber: 6g
- Net Carbs: 3g

- Sugars: 2g
- Protein: 15g
- Calcium: 165mg

Notes:

- Reheating Option: While traditionally served chilled, you can air-fry sliced pinwheels at 350°F for 3 to 4 minutes for a warm, crispy-edged, melty snack.
- Allergy Notes: Contains dairy (cream cheese, Greek yogurt, cheddar) and wheat/gluten (most low-carb tortillas use wheat gluten or almond/cassava blends); substitute certified gluten-free low-carb wraps if needed.
- Flavor Boosts: Stir in 2 tablespoons of diced pickled jalapeños and a pinch of cumin for a Tex-Mex kick, or swap cheddar for pepper jack cheese and crumbled crispy turkey bacon.