



## Appetizer Wreath

READY IN



35 min.

SERVINGS



16

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups broccoli florets fresh chopped
- 1 cup celery finely chopped
- 16 servings celery leaves
- 8 ounces cream cheese softened
- 1 teaspoon optional: dill
- 0.1 teaspoon garlic powder
- 0.5 cup bell pepper sweet red finely chopped
- 16 ounces regular crescent rolls refrigerated
- 0.5 cup cream sour

## Equipment

- bowl
- oven
- pizza pan

## Directions

- Remove crescent dough from packaging (do not unroll).
- Cut each tube into eight slices. Arrange in an 11-in. circle on an ungreased 14-in. pizza pan.
- Bake at 375° for 15–20 minutes or until golden brown. Cool for 5 minutes before carefully removing to a serving platter; cool completely.
- In a small bowl, beat the cream cheese, sour cream, dill and garlic powder until smooth.
- Spread over wreath; top with broccoli, celery and red pepper. Form a bow garnish with celery leaves.

## Nutrition Facts

**PROTEIN 5.43%** **FAT 63.72%** **CARBS 30.85%**

## Properties

Glycemic Index:10.94, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:3.1313043599543%

## Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 168.28kcal (8.41%), Fat: 12.42g (19.11%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 13.1g (4.76%), Sugar: 4.05g (4.5%), Cholesterol: 18.56mg (6.19%), Sodium: 278.15mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin C: 13.87mg (16.81%), Vitamin K: 11.48µg (10.93%), Vitamin A: 467.4IU (9.35%), Vitamin B2: 0.06mg (3.7%), Folate: 11.88µg (2.97%), Phosphorus: 29.33mg (2.93%), Calcium: 28.3mg (2.83%), Iron: 0.48mg (2.65%), Selenium: 1.74µg (2.48%), Potassium: 83.82mg (2.39%), Vitamin B6: 0.05mg (2.26%), Vitamin E: 0.31mg (2.06%), Vitamin B5: 0.19mg (1.87%), Fiber: 0.44g (1.76%),

Manganese: 0.03mg (1.67%), Magnesium: 5.17mg (1.29%), Zinc: 0.15mg (1.01%)