



Artichoke 'n Bacon Crescent Squares

 Gluten Free

READY IN



65 min.

SERVINGS



32

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices bacon crumbled cooked
- 8 oz cream cheese softened
- 1 tablespoon parsley fresh chopped
- 12 oz marinated artichoke drained coarsely chopped
- 0.3 cup parmesan shredded
- 1 cup plum tomatoes diced seeded (Roma)
- 0.5 cup bell pepper diced red
- 1 tablespoon salad dressing

1 cup pkt spinach fresh chopped

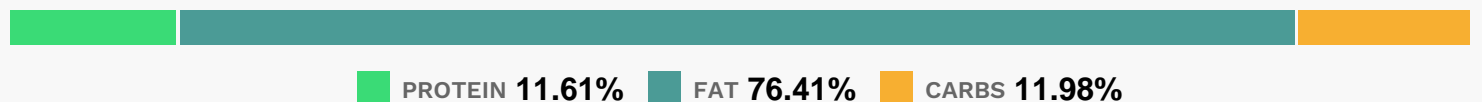
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 375°F. Unroll both cans of dough.
- Place in ungreased 15x10x1-inch pan, long sides overlapping to fit pan. Press in bottom and up sides of pan to form crust.
- Bake 10 to 15 minutes or until golden brown. Cool completely, about 30 minutes.
- In small bowl, beat cream cheese, Parmesan cheese, parsley and mayonnaise with electric mixer on medium speed until smooth.
- Spread over cooled crust. Top with remaining ingredients.
- Serve immediately, or cover and refrigerate up to 2 hours.
- Cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:2.0347825901016%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 49.83kcal (2.49%), Fat: 4.24g (6.53%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.72g (0.8%), Cholesterol: 9.17mg (3.06%), Sodium: 105.99mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin A: 441.23IU (8.82%), Vitamin C: 6.66mg (8.07%), Vitamin K: 7.68µg (7.32%), Selenium: 1.57µg (2.24%), Phosphorus: 21.8mg (2.18%), Calcium: 20.48mg (2.05%), Vitamin B2: 0.03mg (1.63%), Fiber: 0.38g (1.5%), Vitamin B6: 0.03mg (1.38%), Potassium: 46.28mg (1.32%), Folate: 4.88µg (1.22%), Vitamin B3: 0.24mg (1.21%), Vitamin E: 0.18mg (1.17%), Manganese: 0.02mg (1.05%), Vitamin B1: 0.02mg (1.02%)