



Bacon Appetizer Crescents

READY IN



35 min.

SERVINGS



35

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 8 oz philadelphia cream cheese softened
- 2 Tbsp parsley fresh chopped
- 1 Tbsp milk
- 0.3 cup onions finely chopped
- 0.3 cup parmesan cheese grated kraft
- 16 oz crescent dinner rolls refrigerated canned

Equipment

baking sheet

oven

Directions

Heat oven to 375F.

Combine all ingredients except crescent dough.

Separate each can of dough into 8 triangles; cut each triangle lengthwise in half.

Spread cream cheese mixture onto dough triangles, adding about 1 tsp. to each.

Roll up, starting at short side of triangle.

Place, point sides down, on baking sheet.

Bake 12 to 15 min. or until golden brown.

Serve warm.

Nutrition Facts



PROTEIN 7.48% **FAT 68.16%** **CARBS 24.36%**

Properties

Glycemic Index:3.54, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.0326086924128%

Flavonoids

Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 93.81kcal (4.69%), Fat: 7.29g (11.22%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.84g (2.12%), Sugar: 1.61g (1.79%), Cholesterol: 10.74mg (3.58%), Sodium: 172.37mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin K: 3.72µg (3.54%), Selenium: 1.92µg (2.74%), Vitamin A: 116.13IU (2.32%), Phosphorus: 21.1mg (2.11%), Calcium: 16.05mg (1.6%), Vitamin B2: 0.02mg (1.38%), Iron: 0.21mg (1.17%), Vitamin B1: 0.02mg (1.11%), Vitamin B3: 0.21mg (1.07%)