



Bacon-Cheddar Pinwheels

READY IN



35 min.

SERVINGS



16

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- 0.3 cup spring onion chopped (4 medium)
- 2 tablespoons ranch dressing
- 0.3 cup oz. bacon into pieces crumbled cooked
- 2 oz cheddar cheese shredded finely

Equipment

- baking sheet
- oven

serrated knife

Directions

Heat oven to 350°F.

If using crescent rolls: Unroll dough; separate into 2 long rectangles. Press each into 12x4-inch rectangle, firmly pressing perforations to seal. If using dough sheet: Unroll dough; cut lengthwise into 2 long rectangles. Press each into 12x4-inch rectangle.

Spread dressing over each rectangle to edges.

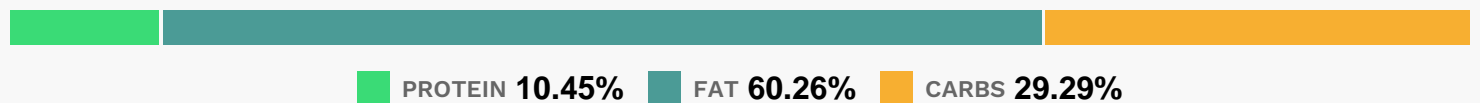
Sprinkle each with bacon, Cheddar cheese and onions.

Starting with one short side, roll up each rectangle; press edge to seal. With serrated knife, cut each roll into 8 slices; place cut side down on ungreased cookie sheet.

Bake 12 to 17 minutes or until edges are deep golden brown. Immediately remove from cookie sheet.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.86739131144207%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 78.94kcal (3.95%), Fat: 5.47g (8.41%), Saturated Fat: 2.34g (4.62%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 5.94g (2.16%), Sugar: 1.55g (1.73%), Cholesterol: 6.55mg (2.18%), Sodium: 204.56mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Vitamin K: 5.83µg (5.55%), Calcium: 26.7mg (2.67%), Phosphorus: 20.3mg (2.03%), Selenium: 1.08µg (1.54%), Iron: 0.21mg (1.18%), Vitamin B2: 0.02mg (1.09%), Vitamin A: 51.8IU (1.04%)