



## Bacon, Cheese & Tomato Crescents

READY IN



30 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 4 slices oscar mayer bacon cooked drained chopped
- 4 oz philadelphia cream cheese softened ( )
- 0.3 cup pasilla peppers red finely chopped
- 8 oz crescent dinner rolls refrigerated canned
- 0.3 cup tomatoes finely chopped

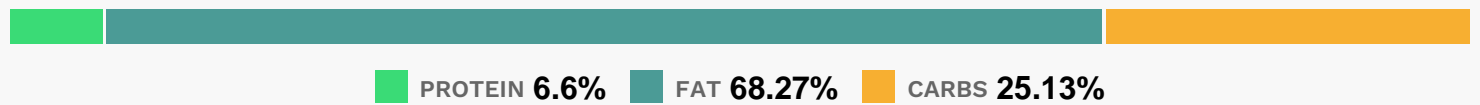
### Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 375F. Separate dough into eight triangles; spread with cream cheese. Top evenly with remaining ingredients.
- Roll up, starting at shortest side of each triangle.
- Place, point-sides down, on baking sheet.
- Bake 12 to 15 min. or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:12.13, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:2.2347826063633%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 196.75kcal (9.84%), Fat: 15.36g (23.63%), Saturated Fat: 6.88g (43.01%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.57g (4.57%), Sugar: 3.69g (4.1%), Cholesterol: 21.58mg (7.19%), Sodium: 340.29mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin C: 6.6mg (8%), Vitamin A: 379.01IU (7.58%), Selenium: 3.43µg (4.91%), Phosphorus: 33.34mg (3.33%), Vitamin B2: 0.05mg (2.73%), Vitamin B6: 0.05mg (2.72%), Vitamin B3: 0.53mg (2.64%), Vitamin B1: 0.04mg (2.52%), Iron: 0.45mg (2.5%), Vitamin E: 0.27mg (1.79%), Potassium: 61.35mg (1.75%), Vitamin B5: 0.16mg (1.61%), Calcium: 15.09mg (1.51%), Zinc: 0.22mg (1.47%), Vitamin B12: 0.09µg (1.44%), Folate: 4.12µg (1.03%)