



Bacon Cheese Treats

READY IN



25 min.

SERVINGS



8

CALORIES



502 kcal

Ingredients

- 12 ounce bacon bits
- 8 ounce cream cheese softened
- 16 ounce regular crescent rolls refrigerated
- 1 pinch pepper black to taste
- 0.3 cup onion diced

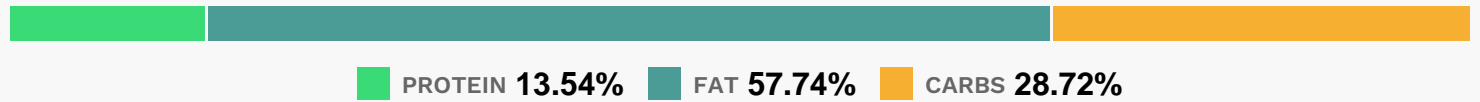
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a mixing bowl, combine the cream cheese, bacon bits, pepper and onion.
- On a lightly floured surface, unroll the crescent rolls lengthwise and form into a long rectangle. Thinly spread the cream cheese mixture on the dough. Starting with the long edge of the rectangle, roll the dough into a long, thin roll. Slice the roll into 1/4 inch thick pieces.
- Place rolls on a lightly greased baking sheet.
- Bake in preheated oven for 15 minutes, or until brown.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:7.385652228542%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 502.12kcal (25.11%), Fat: 32.96g (50.71%), Saturated Fat: 12.56g (78.49%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 32.46g (11.8%), Sugar: 6.95g (7.72%), Cholesterol: 28.63mg (9.54%), Sodium: 1286.99mg (55.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.39g (34.78%), Vitamin E: 3.18mg (21.19%), Fiber: 4.43g (17.7%), Vitamin B1: 0.26mg (17.6%), Folate: 57.51µg (14.38%), Phosphorus: 124.08mg (12.41%), Copper: 0.24mg (11.82%), Magnesium: 43.47mg (10.87%), Vitamin B12: 0.57µg (9.54%), Selenium: 5.61µg (8.01%), Vitamin A: 380.9IU (7.62%), Calcium: 71.65mg (7.17%), Zinc: 0.95mg (6.3%), Iron: 1.06mg (5.91%), Vitamin B2: 0.1mg (5.67%), Vitamin B3: 0.71mg (3.56%), Potassium: 106.55mg (3.04%), Vitamin B6: 0.06mg (2.8%), Vitamin B5: 0.17mg (1.68%), Vitamin C: 1.18mg (1.43%)