



## Bacon Crescent Bites

READY IN



35 min.

SERVINGS



35

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz philadelphia cream cheese softened
- 3 green onions thinly sliced
- 16 oz crescent dinner rolls refrigerated canned
- 12 slices oscar mayer center cut bacon crumbled cooked
- 1.3 tsp lea & perrins worcestershire sauce

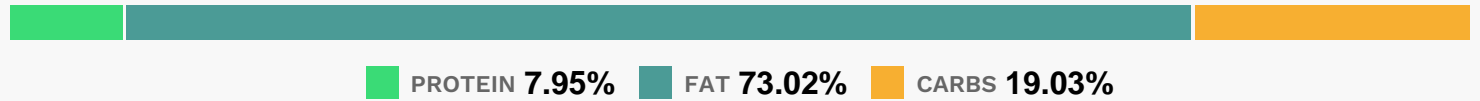
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Combine first 4 ingredients.
- Separate each can of crescent dough into 8 triangles.
- Cut each triangle lengthwise in half.
- Spread each dough triangle with 1 generous tsp. cream cheese mixture.
- Roll up, starting at shortest side of triangle and rolling to opposite point.
- Place, point-sides down, on baking sheet.
- Bake 12 to 15 min. or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:1.69, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.2665217382752%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 120kcal (6%), Fat: 9.92g (15.26%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.79g (2.11%), Sugar: 1.59g (1.76%), Cholesterol: 14.69mg (4.9%), Sodium: 206.74mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Selenium: 3.05µg (4.35%), Vitamin B3: 0.51mg (2.55%), Phosphorus: 25.22mg (2.52%), Vitamin B1: 0.04mg (2.42%), Vitamin K: 2.27µg (2.16%), Vitamin A: 102.02IU (2.04%), Vitamin B6: 0.04mg (1.85%), Vitamin B2: 0.03mg (1.53%), Iron: 0.25mg (1.38%), Vitamin B12: 0.08µg (1.27%), Zinc: 0.18mg (1.22%), Potassium: 37.55mg (1.07%), Vitamin B5: 0.11mg (1.06%)