



## Bacon-Onion Pinwheels

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter softened
- 2 Tbsp parsley fresh chopped
- 1 small onion finely chopped
- 16 oz crescent dinner rolls refrigerated canned
- 10 slices oscar mayer center cut bacon crumbled cooked

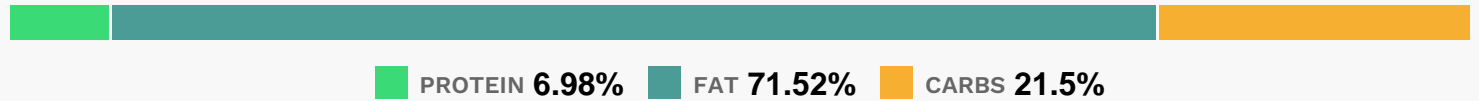
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Mix all ingredients except crescent dough.
- Unroll dough. Separate dough from each can into 4 rectangles; firmly press perforations together to seal.
- Spread dough with bacon mixture; roll up, starting at one short end of each rectangle.
- Cut each roll crosswise into 4 slices; place, cut sides up, 4 inches apart on baking sheets. Flatten slightly.
- Bake 15 min. or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:2.36, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.391739135851%

## Flavonoids

Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 141.1kcal (7.06%), Fat: 11.45g (17.61%), Saturated Fat: 3.93g (24.55%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.69g (2.79%), Sugar: 1.94g (2.15%), Cholesterol: 9.5mg (3.17%), Sodium: 259.44mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin K: 5µg (4.76%), Selenium: 2.91µg (4.16%), Vitamin B3: 0.59mg (2.93%), Vitamin B1: 0.04mg (2.77%), Vitamin A: 112.19IU (2.24%), Phosphorus: 22.25mg (2.22%), Vitamin B6: 0.04mg (2.11%), Iron: 0.31mg (1.74%), Vitamin B12: 0.07µg (1.24%), Zinc: 0.18mg (1.19%), Potassium: 35.24mg (1.01%)