



Baked Cream Cheese Appetizer

READY IN



28 min.

SERVINGS



28

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese
- 0.5 tsp dill weed
- 1 egg white lightly beaten
- 4 oz crescent dinner rolls refrigerated

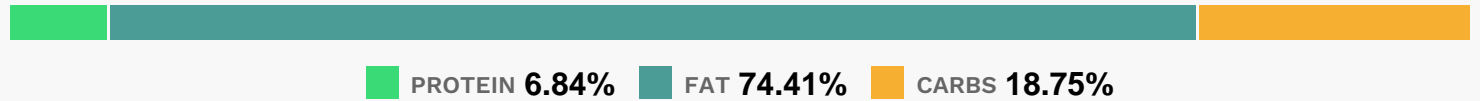
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 350F. Unroll dough on lightly greased baking sheet; press seams together to form 12x4-inch rectangle.
- Sprinkle cream cheese with dill; lightly press dill into cream cheese.
- Place cream cheese, dill side up, in center of dough. Bring dough up over cream cheese to completely enclose cream cheese; press edges together to seal.
- Brush with egg white.
- Bake 15 to 18 min. or until lightly browned.
- Serve with your favorite crackers, French bread slices or cut-up fresh fruit.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:0.42782608954155%

Nutrients (% of daily need)

Calories: 43.08kcal (2.15%), Fat: 3.66g (5.63%), Saturated Fat: 2g (12.5%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 2.08g (0.75%), Sugar: 0.72g (0.8%), Cholesterol: 8.18mg (2.73%), Sodium: 59.01mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Vitamin A: 108.92IU (2.18%), Vitamin B2: 0.02mg (1.37%), Selenium: 0.91µg (1.3%)