



Baked Cream Cheese Appetizer

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese
- 0.5 teaspoon dill dried
- 1 egg yolk beaten
- 8 ounce regular crescent rolls refrigerated

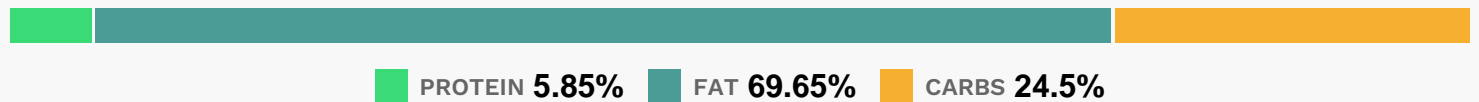
Equipment

- baking sheet
- oven

Directions

- Unroll dough on a lightly floured surface; press together seams to form a 12 x 4 inch rectangle.
- Sprinkle one side of the cream cheese with half of the dill weed.
- Place brick of cream cheese dill side down in center of dough.
- Sprinkle dill on top of cream cheese. Enclose cream cheese by bringing sides of dough together and pressing edges to seal.
- Place dough on lightly greased cookie sheet.
- Brush with beaten egg.
- Bake at 350 degrees F (175 degrees C) for 15 to 18 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:1.8673913293397%

Nutrients (% of daily need)

Calories: 205.85kcal (10.29%), Fat: 16.45g (25.3%), Saturated Fat: 8.49g (53.08%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 13.01g (4.73%), Sugar: 3.91g (4.35%), Cholesterol: 52.93mg (17.64%), Sodium: 312.77mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.21%), Vitamin A: 416.84IU (8.34%), Selenium: 3.7µg (5.28%), Vitamin B2: 0.08mg (4.54%), Phosphorus: 39.45mg (3.94%), Calcium: 31.52mg (3.15%), Iron: 0.48mg (2.67%), Vitamin B5: 0.23mg (2.29%), Vitamin E: 0.3mg (2.01%), Vitamin B12: 0.11µg (1.77%), Folate: 5.84µg (1.46%), Zinc: 0.2mg (1.3%), Vitamin B6: 0.02mg (1.24%), Potassium: 41.94mg (1.2%)