



Baked Pesto and Cheese Appetizer

READY IN



40 min.

SERVINGS



12

CALORIES



96 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 Tbsp classico basil pesto sauce and spread traditional
- 4 oz reduced fat crescent dinner rolls refrigerated canned
- 1 eggs beaten
- 8 oz philadelphia neufchatel cheese
- 2 Tbsp roasted peppers red chopped

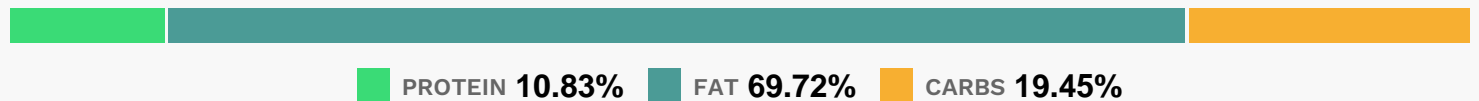
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Unroll dough on lightly greased baking sheet; firmly press seams together to form 12x4-inch rectangle.
- Cut Neufchatel horizontally in half.
- Place 1 Neufchatel piece on half of dough; top with 1 Tbsp. pesto and peppers. Cover with remaining Neufchatel piece; spread with remaining pesto.
- Brush dough with egg; fold in half to enclose filling. Press edges of dough together to seal.
- Brush top with any remaining egg.
- Bake 15 to 18 min. or until lightly browned. Cool 10 min.
- Serve with RITZ Reduced Fat Crackers and cut-up fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:1.3417391517888%

Nutrients (% of daily need)

Calories: 96.25kcal (4.81%), Fat: 7.62g (11.72%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.71g (1.71%), Sugar: 1.64g (1.82%), Cholesterol: 27.83mg (9.28%), Sodium: 199.61mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin A: 241.96IU (4.84%), Phosphorus: 33.83mg (3.38%), Calcium: 29.2mg (2.92%), Vitamin B2: 0.05mg (2.75%), Selenium: 1.7µg (2.43%), Vitamin B5: 0.17mg (1.66%), Vitamin B12: 0.09µg (1.49%), Vitamin C: 1.15mg (1.39%), Zinc: 0.21mg (1.38%), Iron: 0.24mg (1.34%), Folate: 4.76µg (1.19%), Potassium: 37.38mg (1.07%)