



Baked Spiral Bites

READY IN



25 min.

SERVINGS



25

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 green onions sliced
- 5 oz pimento spread kraft
- 16 oz crescent dinner rolls refrigerated

Equipment

- baking sheet
- oven

Directions

- Heat oven to 375F.
- Unroll each can of dough into 2 rectangles; firmly press perforations and seams together to seal.
- Spread dough with pimento spread; top with onions.
- Roll up, starting at one short end of each rectangle.
- Cut each roll crosswise into 8 slices; place, cut sides up, 2 inches apart on baking sheets.
- Bake 15 min. or until golden brown.
- Serve warm.

Nutrition Facts



PROTEIN 3.25% **FAT 57.31%** **CARBS 39.44%**

Properties

Glycemic Index:1.28, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.48695651871031%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 81.64kcal (4.08%), Fat: 5.24g (8.07%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 8.07g (2.93%), Sugar: 2.37g (2.64%), Cholesterol: 3.09mg (1.03%), Sodium: 201.5mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 3.97µg (3.79%), Calcium: 22mg (2.2%), Iron: 0.26mg (1.43%), Vitamin A: 70.68IU (1.41%)