



## Blueberry Almond Crescent Rolls

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

BREAD

### Ingredients

- 1 teaspoon almond extract divided
- 2 tablespoons blueberry jam
- 4 ounces cream cheese softened room temperature
- 1 can regular crescent rolls separated store-bought
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- 1 water with 1 teaspoon of water beaten
- 1 tablespoon flour all-purpose
- 2 tablespoons milk
- 1 pinch sea salt

- 0.7 cup sugar divided
- 1 tablespoon sugar

## Equipment

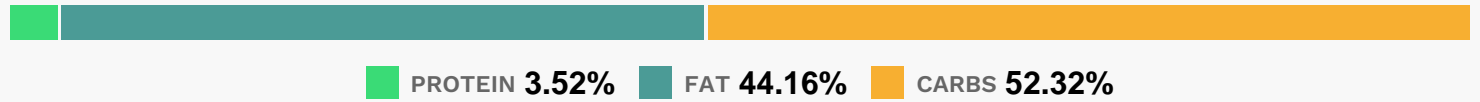
- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- hand mixer
- stand mixer

## Directions

- Preheat your oven to 375 degrees F and line a large baking sheet with parchment paper or a silicone baking mat. Set aside. In the bowl of your stand mixer, with paddle attachment fixed (or a handheld electric mixer may be used), combine the cream cheese, blueberry jam, 2 tablespoons of confectioner's sugar, flour, salt and teaspoon of almond extract.
- Mix until smooth, about 30 seconds. Set aside.
- Lay your crescent roll wedges out on a large work surface. Take about a tablespoon of the cream cheese mixture and dollop it on the wide end of each crescent roll.
- Roll them up until the narrow end is sealed underneath.
- Transfer them to the prepared baking sheet and brush them with the egg wash.
- Sprinkle with turbinado sugar.
- Place the crescent rolls in the oven and bake for 13–15 minutes, or until puffed and golden.
- Remove from heat and transfer to a wire rack to cool. While the crescent rolls are cooling, prepare your glaze. In a medium bowl, combine the remaining cup of confectioner's sugar, remaining teaspoon of almond extract, and milk.
- Whisk until smooth. Adjust seasoning by adding a pinch of sea salt if you find that the glaze is too sweet.

Drizzle the glaze on the slightly cooled crescent rolls and serve immediately. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:33.14, Glycemic Load:14.3, Inflammation Score:-1, Nutrition Score:1.2278260869565%

## Taste

Sweetness: 100%, Saltiness: 17.83%, Sourness: 15.76%, Bitterness: 10.29%, Savoriness: 2.55%, Fattiness: 57.06%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 338.52kcal (16.93%), Fat: 17.21g (26.48%), Saturated Fat: 8.02g (50.13%), Carbohydrates: 45.88g (15.29%), Net Carbohydrates: 45.8g (16.65%), Sugar: 26.98g (29.97%), Cholesterol: 14.77mg (4.92%), Sodium: 496.3mg (21.58%), Protein: 3.09g (6.18%), Iron: 0.81mg (4.5%), Vitamin A: 196.44IU (3.93%), Vitamin B2: 0.05mg (2.93%), Selenium: 1.81µg (2.58%), Phosphorus: 20.96mg (2.1%), Calcium: 19.98mg (2%)