



## Blueberry-Cheese Rolls

READY IN



23 min.

SERVINGS



23

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup blueberries
- 4 oz philadelphia neufchatel cheese softened ()
- 8 oz crescent dinner rolls refrigerated
- 2 Tbsp sugar

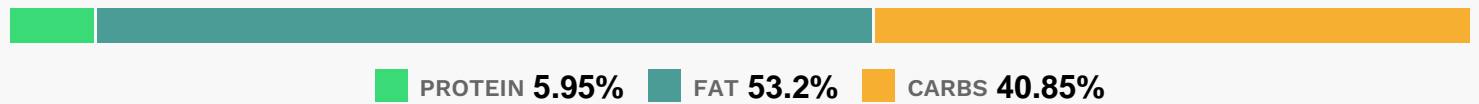
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Unroll dough onto work surface; separate into 4 rectangles. Firmly press perforations and seams together to seal.
- Mix Neufchatel and sugar until blended; spread onto dough rectangles to within 1/2 inch of edges. Top with blueberries. Bring opposite corners of rectangles together; press together to seal.
- Place on baking sheet.
- Bake 11 to 13 min. or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:5.96, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:0.3504347856278%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 1.01mg, Petunidin: 1.01mg, Petunidin: 1.01mg, Petunidin: 1.01mg Delphinidin: 1.14mg, Delphinidin: 1.14mg, Delphinidin: 1.14mg, Delphinidin: 1.14mg Malvidin: 2.17mg, Malvidin: 2.17mg, Malvidin: 2.17mg, Malvidin: 2.17mg Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 52.84kcal (2.64%), Fat: 3.26g (5.01%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 5.55g (2.02%), Sugar: 2.51g (2.78%), Cholesterol: 3.65mg (1.22%), Sodium: 93.92mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%)