



California Crescent Sandwiches



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices bacon cooked
- ☐ 0.5 cup guacamole
- ☐ 8 lettuce leaves
- ☐ 4 ounces turkey smoked sliced

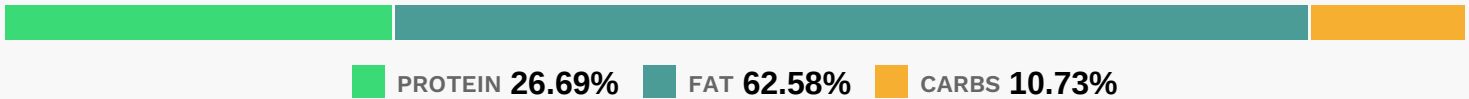
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Separate or cut dough into 8 squares (if using crescent rolls, press perforations to seal).
- ☐ Place on ungreased cookie sheet.
- ☐ Bake at 375 degrees F 8 to 10 minutes.
- ☐ To serve, spread guacamole on 4 of the rectangles. Top with lettuce, turkey and bacon. Top with remaining rectangles.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:11.772608780343%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 160.46kcal (8.02%), Fat: 11.35g (17.45%), Saturated Fat: 2.88g (18%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 1.8g (0.66%), Sugar: 0.7g (0.78%), Cholesterol: 30.33mg (10.11%), Sodium: 306.97mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.77%), Vitamin A: 3616.74IU (72.33%), Vitamin B3: 3.95mg (19.76%), Selenium: 12.81µg (18.3%), Vitamin B6: 0.33mg (16.72%), Vitamin C: 11.77mg (14.26%), Phosphorus: 129.08mg (12.91%), Folate: 44.96µg (11.24%), Vitamin B1: 0.17mg (11.21%), Potassium: 369.61mg (10.56%), Fiber: 2.57g (10.3%), Manganese: 0.19mg (9.72%), Vitamin B2: 0.16mg (9.59%), Vitamin B5: 0.78mg (7.76%), Zinc: 1.14mg (7.63%), Vitamin B12: 0.42µg (7%), Magnesium: 25.29mg (6.32%), Vitamin K: 6.56µg (6.25%), Vitamin E: 0.88mg (5.84%), Iron: 0.93mg (5.16%), Copper: 0.09mg (4.58%), Calcium: 25mg (2.5%)