



Cheddar Crescents

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce active yeast dry
- 2.5 cups baking mix all-purpose
- 1 large eggs beaten
- 5 ounces cheddar cheese shredded
- 0.5 cup warm water (100° to 110°)

Equipment

- bowl
- baking sheet

oven

Directions

- Stir together yeast and 1/2 cup warm water in a large bowl; let stand 5 minutes. Stir in baking mix, cheese, and egg, stirring until a soft dough forms. Turn out onto a well-floured surface, and knead 20 times.
- Place in a bowl coated with cooking spray, turning to grease top. Cover; let rise 20 minutes.
- Divide dough into 4 equal portions.
- Roll 1 portion of dough at a time into an 8-inch circle on a lightly floured surface.
- Cut circle into 8 wedges; roll up wedges, starting at wide end, to form a crescent shape.
- Place point side down on a lightly greased baking sheet. Repeat procedure with remaining dough.
- Bake at 350 for 10 to 12 minutes or until golden brown.
- Note: For testing purposes only, we used Bisquick for all-purpose baking mix.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.3852173917643%

Nutrients (% of daily need)

Calories: 97.84kcal (4.89%), Fat: 4.98g (7.67%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 9.42g (3.43%), Sugar: 1.78g (1.98%), Cholesterol: 16.69mg (5.56%), Sodium: 241.78mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Phosphorus: 127.42mg (12.74%), Vitamin B1: 0.13mg (8.55%), Calcium: 78.64mg (7.86%), Folate: 29.71µg (7.43%), Vitamin B2: 0.12mg (7.2%), Selenium: 3.93µg (5.61%), Vitamin B3: 0.83mg (4.15%), Zinc: 0.41mg (2.74%), Manganese: 0.05mg (2.68%), Iron: 0.48mg (2.66%), Vitamin B12: 0.16µg (2.6%), Vitamin B5: 0.25mg (2.48%), Vitamin A: 85.12IU (1.7%), Fiber: 0.41g (1.64%), Magnesium: 6.21mg (1.55%), Copper: 0.03mg (1.49%), Vitamin B6: 0.03mg (1.29%), Vitamin K: 1.15µg (1.1%), Potassium: 36.74mg (1.05%)