



Cheese Crescent Triangles

READY IN



35 min.

SERVINGS



24

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs well beaten
- 4 ounces tomato-basil feta cheese crumbled finely
- 2 tablespoons green onions finely chopped
- 1 tablespoon parmesan cheese grated
- 8 ounce crescent dinner rolls refrigerated pillsbury® canned

Equipment

- bowl
- baking sheet

oven

Directions

- Heat oven to 375 degrees F. In small bowl, mix feta cheese, green onions and 3 tablespoons of the beaten egg.
- Do not unroll dough; separate long roll into 2 shorter rolls at center perforations. Unroll 1 roll until 1 rectangle can be separated from roll. Refrigerate remaining dough. Press dough into 7 1/2x5-inch rectangle, pressing diagonal perforations to seal.
- Cut rectangle into 6 (2 1/2-inch) squares.
- Top each dough square with slightly rounded measuring teaspoon feta cheese mixture. Fold dough over filling, forming triangle; press edges to seal. On ungreased cookie sheets, place triangles 2 inches apart. Repeat with remaining 3 dough rectangles and feta cheese mixture.
- Brush tops with remaining beaten egg.
- Sprinkle lightly with Parmesan cheese.
- Bake 9 to 11 minutes or until golden brown.
- Serve warm.

Nutrition Facts

 PROTEIN 10.24%  FAT 58.02%  CARBS 31.74%

Properties

Glycemic Index:2.46, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.88043478017916%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 49.25kcal (2.46%), Fat: 3.28g (5.05%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 4.03g (1.46%), Sugar: 0.96g (1.07%), Cholesterol: 11.21mg (3.74%), Sodium: 134.37mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Vitamin B2: 0.05mg (2.9%), Calcium: 26.52mg (2.65%), Phosphorus: 21.06mg (2.11%), Selenium: 1.35µg (1.92%), Vitamin B12: 0.1µg (1.65%), Vitamin B6: 0.02mg (1.18%), Zinc: 0.17mg (1.14%), Vitamin K: 1.13µg (1.08%), Iron: 0.19mg (1.06%)