

Cheesy Artichoke Squares

READY IN



25 min.

SERVINGS



15

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 28 ounces artichoke hearts rinsed drained chopped canned
- 8 ounces approx cream cheese spread
- 0.5 teaspoon garlic minced
- 16 ounces regular crescent rolls refrigerated
- 16 ounces regular crescent rolls refrigerated

Equipment

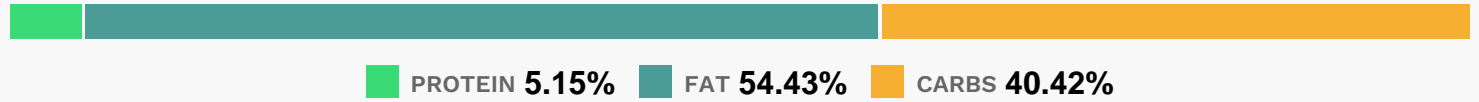
- bowl
- oven

baking pan

Directions

- In a small bowl, beat the mozzarella cheese, cream cheese, artichokes and garlic until blended.
- Unroll both tubes of crescent dough into rectangles.
- Place dough in an ungreased 15-in. x 10-in. x 1-in. baking pan; press onto the bottom of pan, sealing seams and perforations.
- Spread with artichoke mixture.
- Bake at 375° for 18–20 minutes or until crust is golden brown.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.54347824669727%

Nutrients (% of daily need)

Calories: 261.54kcal (13.08%), Fat: 16.28g (25.05%), Saturated Fat: 7.55g (47.18%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 26.38g (9.59%), Sugar: 6.93g (7.69%), Cholesterol: 9.37mg (3.12%), Sodium: 740.33mg (32.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Iron: 0.76mg (4.24%), Fiber: 0.82g (3.27%), Vitamin A: 143.65IU (2.87%), Calcium: 18.32mg (1.83%)