



WHATSheATE



Cheesy Bacon Crescents



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup colby-monterey jack cheese blend shredded
- ☐ 8 slices bacon cooked cut in half
- ☐ 2 tablespoons salad dressing
- ☐ 0.3 cup tomatoes chopped

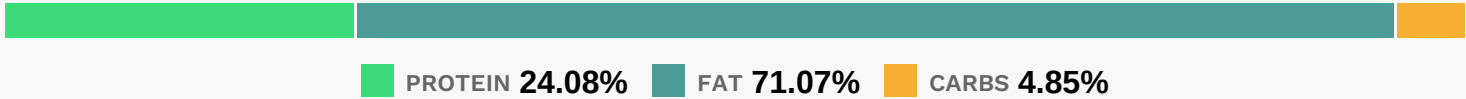
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Separate or cut dough into 4 long rectangles (if using crescent rolls, press perforations to seal).
- ☐ Place bacon on center of each rectangle.
- ☐ In bowl, mix cheese and mayonnaise. Spoon cheese mixture over bacon; sprinkle with tomato. Fold short sides of dough to center of each rectangle; press edges to seal.
- ☐ Place seam side down on ungreased cookie sheet; press short sides with fork to seal.
- ☐ Cut 2 slits on top.
- ☐ Bake at 375 degrees F 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:4.7217391573864%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 158.37kcal (7.92%), Fat: 12.41g (19.09%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.09g (1.21%), Cholesterol: 31.51mg (10.51%), Sodium: 438.44mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Selenium: 10.64µg (15.21%), Phosphorus: 140.77mg (14.08%), Calcium: 116.63mg (11.66%), Vitamin B3: 1.76mg (8.8%), Zinc: 1.02mg (6.78%), Vitamin B1: 0.1mg (6.46%), Vitamin B2: 0.1mg (5.93%), Vitamin B6: 0.11mg (5.53%), Vitamin B12: 0.31µg (5.19%), Vitamin A: 250.02IU (5%), Vitamin K: 5.1µg (4.86%), Potassium: 128.75mg (3.68%), Magnesium: 10.62mg (2.66%), Vitamin B5: 0.22mg (2.22%), Vitamin E: 0.32mg (2.11%), Iron: 0.32mg (1.78%), Vitamin C: 1.3mg (1.58%), Copper: 0.03mg (1.53%), Folate: 4.37µg (1.09%), Vitamin D: 0.16µg (1.09%)