



Cheesy Spinach Bundles

READY IN



25 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

Ingredients

- 0.3 cup philadelphia chive & onion cream cheese spread
- 1 eggs separated
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 cup parmesan cheese grated kraft
- 8 oz crescent dinner rolls refrigerated canned
- 0.5 cup mozzarella cheese shredded kraft

Equipment

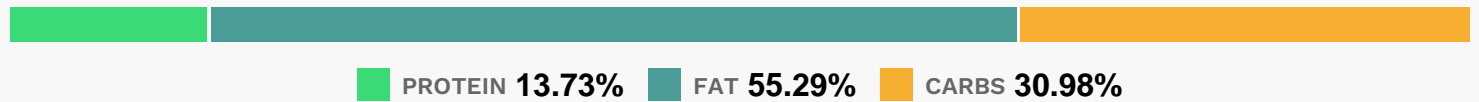
- baking sheet

oven

Directions

- Heat oven to 375F.
- Mix first 4 ingredients and egg yolk until blended.
- Unroll crescent dough, then separate into 8 triangles.
- Cut each triangle diagonally in half. Spoon 1 Tbsp. spinach mixture onto center of each triangle. Bring corners of dough to center over filling, overlapping ends; pinch ends together to seal.
- Place on baking sheets. Beat egg white lightly; brush onto bundles.
- Bake 12 to 15 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:13.263478263565%

Nutrients (% of daily need)

Calories: 173.5kcal (8.67%), Fat: 11.09g (17.06%), Saturated Fat: 5.29g (33.08%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 12.95g (4.71%), Sugar: 3.38g (3.76%), Cholesterol: 34.01mg (11.34%), Sodium: 406.3mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Vitamin K: 132.07µg (125.78%), Vitamin A: 4335.78IU (86.72%), Folate: 54.71µg (13.68%), Calcium: 129.49mg (12.95%), Manganese: 0.26mg (12.83%), Selenium: 6.46µg (9.23%), Vitamin B2: 0.14mg (8.16%), Phosphorus: 79.45mg (7.95%), Magnesium: 30.1mg (7.52%), Vitamin E: 1.12mg (7.47%), Iron: 1.17mg (6.52%), Vitamin B12: 0.26µg (4.41%), Zinc: 0.65mg (4.36%), Fiber: 1.03g (4.11%), Potassium: 143.19mg (4.09%), Vitamin B6: 0.08mg (3.81%), Copper: 0.06mg (2.87%), Vitamin B1: 0.04mg (2.58%), Vitamin C: 1.95mg (2.36%), Vitamin B5: 0.14mg (1.41%), Vitamin D: 0.16µg (1.06%)