



## Chili Cheese Snacks

 Vegetarian

READY IN



30 min.

SERVINGS



80

CALORIES



34 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 ounces cream cheese softened
- 1 cup cheddar cheese shredded
- 0.3 cup chilis green chopped
- 0.3 cup olives ripe drained chopped
- 2 teaspoons dehydrated onion dried minced
- 0.3 teaspoon hot sauce hot
- 16 ounces regular crescent rolls refrigerated

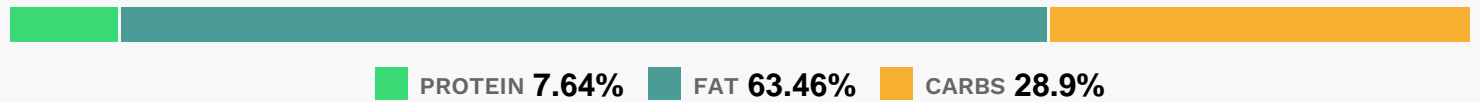
## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a small bowl, beat cream cheese.
- Add the cheddar cheese, chiles, olives, onion and hot pepper sauce. Separate each tube of crescent dough into 4 rectangles; press perforations to seal.
- Spread cheese mixture over dough.
- Roll up jelly-roll style, starting with a long side.
- Cut each roll into 10 slices; place on greased baking sheets.
- Bake at 400° until golden brown, 8-10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:0.68, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.35391304463796%

## Nutrients (% of daily need)

Calories: 34.18kcal (1.71%), Fat: 2.5g (3.84%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.7g (0.78%), Cholesterol: 3.56mg (1.19%), Sodium: 69.08mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Calcium: 12.74mg (1.27%)