

## Cold Veggie Squares

READY IN



25 min.

SERVINGS



16

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup broccoli fresh chopped
- 0.5 cup carrots shredded
- 1 cup cauliflower chopped
- 16 ounce cream cheese softened
- 16 ounce regular crescent rolls refrigerated
- 16 ounce regular crescent rolls refrigerated
- 0.5 teaspoon basil dried
- 0.3 teaspoon garlic powder
- 3 tablespoons mayonnaise

- 2 tablespoons suya seasoning mix

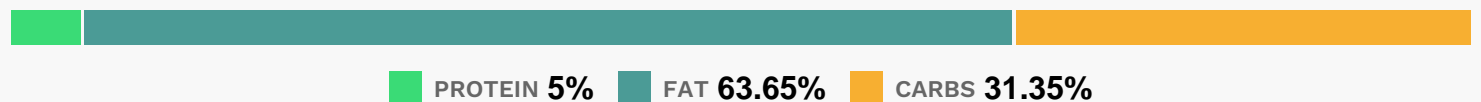
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Without separating the dough, roll out both packs of crescent rolls onto a baking sheet, forming them into a single, flat surface.
- Bake according to the directions on the package. Allow the finished rolls to cool.
- In a bowl,
- Mix together the cream cheese, mayonnaise, basil and garlic powder.
- Spread the mixture evenly over the surface of the rolls.
- Spread the broccoli, cauliflower and carrots on top of the cream cheese mixture.
- Sprinkle the salad seasoning mix over all.
- Cut into squares and serve.

## Nutrition Facts



## Properties

Glycemic Index:12.36, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:5.2686956877942%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 325.72kcal (16.29%), Fat: 24.03g (36.98%), Saturated Fat: 11.18g (69.89%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 25.46g (9.26%), Sugar: 7.23g (8.03%), Cholesterol: 29.74mg (9.91%), Sodium: 557.74mg (24.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Vitamin K: 24.01µg (22.86%),

Vitamin A: 1116.62IU (22.33%), Vitamin C: 8.2mg (9.94%), Iron: 1.54mg (8.56%), Calcium: 63.24mg (6.32%),  
Manganese: 0.13mg (6.3%), Vitamin B2: 0.09mg (5.2%), Vitamin E: 0.75mg (4.97%), Fiber: 1.18g (4.73%),  
Phosphorus: 41.68mg (4.17%), Selenium: 2.77µg (3.96%), Folate: 14.97µg (3.74%), Potassium: 111.48mg (3.19%),  
Vitamin B6: 0.06mg (3.16%), Vitamin B5: 0.27mg (2.68%), Magnesium: 10.4mg (2.6%), Zinc: 0.25mg (1.65%),  
Vitamin B1: 0.02mg (1.33%), Copper: 0.03mg (1.26%), Vitamin B3: 0.22mg (1.1%), Vitamin B12: 0.07µg (1.09%)