



Corny Bacon and Cheese Pinwheel Snacks

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 3 oz cream cheese softened
- ☐ 0.5 cup corn green frozen thawed drained giant® niblets®
- ☐ 0.7 cup cheddar cheese shredded
- ☐ 0.3 cup oz. bacon into pieces crumbled cooked (4 slices)

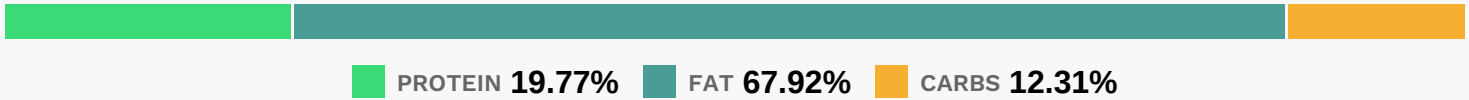
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Heat oven to 350°F. Spray cookie sheet with cooking spray.
- ☐ If using dough sheet, unroll dough. If using crescent rolls, unroll dough; firmly press perforations to seal.
- ☐ Spread cream cheese over rectangle; sprinkle with cheese, corn and bacon.
- ☐ Starting with long side, roll up rectangle; press edge to seal. With serrated knife, cut roll into 12 slices, about 1 inch each; place cut side down on cookie sheet.
- ☐ Bake 13 to 17 minutes or until edges are golden brown.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.4300000071526%

Nutrients (% of daily need)

Calories: 68.36kcal (3.42%), Fat: 5.3g (8.15%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.29g (0.32%), Cholesterol: 17.92mg (5.97%), Sodium: 157.82mg (6.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Calcium: 51.53mg (5.15%), Phosphorus: 42.32mg (4.23%), Selenium: 2.44µg (3.49%), Vitamin A: 158.36IU (3.17%), Vitamin B2: 0.05mg (2.94%), Zinc: 0.31mg (2.09%), Vitamin B12: 0.08µg (1.37%), Folate: 4.71µg (1.18%), Magnesium: 4.53mg (1.13%), Vitamin B6: 0.02mg (1.03%)