



Cream Cheese Danish

READY IN



45 min.

SERVINGS



20

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce cream cheese softened
- ☐ 1 large eggs separated
- ☐ 1 teaspoon juice of lemon
- ☐ 0.8 cup pecans chopped
- ☐ 20 servings powdered sugar sifted
- ☐ 16 ounce crescent rolls refrigerated canned
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

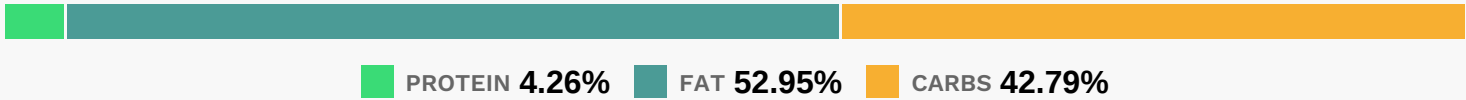
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ wax paper

Directions

- ☐ Preheat the oven to 37
- ☐ Unroll 1 can of rolls; press into a lightly greased 9" x 13" pan. Beat egg yolk, cream cheese, and next 3 ingredients at medium speed of an electric beater until blended; spread mixture over dough in pan.
- ☐ Unroll remaining can of crescent rolls on a sheet of wax paper; press into a 9" x 13" rectangle.
- ☐ Place over cream cheese mixture.
- ☐ Whisk egg white; brush over dough.
- ☐ Sprinkle with pecans.
- ☐ Bake at 375 for 25 minutes.
- ☐ Sprinkle with powdered sugar, and cool in pan on a wire rack.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:7.34, Inflammation Score:-2, Nutrition Score:2.3769565308871%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 260.83kcal (13.04%), Fat: 15.89g (24.45%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 28.5g (10.36%), Sugar: 21.13g (23.48%), Cholesterol: 32.21mg (10.74%), Sodium: 253.08mg (11%), Alcohol: 0.07g (100%), Alcohol %: 0.12% (100%), Protein: 2.88g (5.76%), Manganese: 0.19mg (9.42%), Vitamin A: 320.39IU (6.41%), Vitamin B2: 0.07mg (4.27%), Selenium: 2.98µg (4.26%), Phosphorus: 40.57mg (4.06%), Copper: 0.06mg (2.82%), Calcium: 26.48mg (2.65%), Iron: 0.47mg (2.6%), Vitamin B1: 0.03mg (2.22%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.2mg (2.03%), Vitamin E: 0.28mg (1.86%), Magnesium: 7.33mg (1.83%), Fiber: 0.39g (1.57%), Potassium: 51.06mg (1.46%), Vitamin B6: 0.03mg (1.29%), Vitamin B12: 0.07µg (1.2%), Folate: 4.17µg (1.04%)