



Cream Cheese Squares

READY IN



50 min.

SERVINGS



24

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz philadelphia cream cheese softened
- 1 eggs beaten
- 2 Tbsp ground cinnamon
- 16 oz crescent dinner rolls refrigerated divided canned
- 0.8 cup sugar divided
- 1 tsp vanilla

Equipment

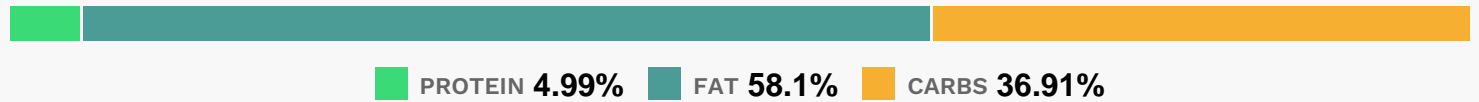
- frying pan

- oven
- blender

Directions

- Heat oven to 350F.
- Unroll 1 can of dough onto bottom of 13x9-inch pan sprayed with cooking spray; pat out to evenly cover bottom of pan, firmly pressing perforations and seams together to seal.
- Beat cream cheese, vanilla, egg and 1/2 cup sugar with mixer until blended; spread over dough in pan.
- Unroll remaining crescent dough onto large sheet of waxed paper; firmly press perforations and seams together to form 13x9-inch rectangle. Invert over cream cheese mixture; remove and discard waxed paper.
- Bake 30 to 35 min. or until golden brown.
- Combine remaining sugar and cinnamon; sprinkle over dessert before cutting into squares to serve.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:4.65, Inflammation Score:-2, Nutrition Score:1.519130439781%

Nutrients (% of daily need)

Calories: 161.09kcal (8.05%), Fat: 10.77g (16.57%), Saturated Fat: 5.58g (34.86%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 15.04g (5.47%), Sugar: 8.88g (9.87%), Cholesterol: 25.91mg (8.64%), Sodium: 210.45mg (9.15%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 2.08g (4.16%), Manganese: 0.12mg (5.84%), Vitamin A: 265.64IU (5.31%), Selenium: 2.25µg (3.21%), Vitamin B2: 0.05mg (3.15%), Calcium: 25.95mg (2.6%), Phosphorus: 24.28mg (2.43%), Iron: 0.35mg (1.94%), Vitamin B5: 0.14mg (1.38%), Fiber: 0.35g (1.38%), Vitamin E: 0.2mg (1.31%)