



Creepy Crow Claws

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 32 cashew pieces whole
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® canned
- ☐ 1 eggs
- ☐ 1 tablespoon taco seasoning old el paso® (from 1-oz pouch)

Equipment

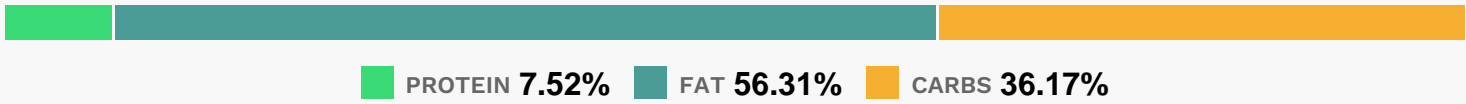
- ☐ bowl
- ☐ baking sheet
- ☐ oven

- ☐ knife
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 375°F. In small bowl, mix egg and taco seasoning mix with fork until well blended; set aside.
- ☐ Spray large cookie sheet with cooking spray. Separate crescent dough into 8 rounds; unroll into strips. Fold each strip in half; starting at folded end, twist 2 to 3 times, leaving 1 inch untwisted on other end.
- ☐ Place on cookie sheet.
- ☐ Using a paring knife or kitchen scissors, cut each untwisted end to make 4 claws.
- ☐ Cut a small slit in each claw.
- ☐ Place 1 cashew in each slit; press to seal cashew in place to make nail.
- ☐ Brush entire claw with egg mixture. Repeat with remaining ingredients.
- ☐ Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet.

Nutrition Facts



Properties

Glycemic Index:3.15, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:2.1439130610746%

Nutrients (% of daily need)

Calories: 140.86kcal (7.04%), Fat: 9.25g (14.23%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 13.11g (4.77%), Sugar: 3.27g (3.63%), Cholesterol: 20.46mg (6.82%), Sodium: 256.29mg (11.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Copper: 0.14mg (6.78%), Manganese: 0.1mg (5.04%), Iron: 0.88mg (4.86%), Phosphorus: 46.47mg (4.65%), Magnesium: 18.18mg (4.55%), Selenium: 2.88µg (4.12%), Zinc: 0.42mg (2.79%), Vitamin K: 2.06µg (1.96%), Vitamin B1: 0.03mg (1.84%), Vitamin B6: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.68%), Vitamin B5: 0.14mg (1.36%), Potassium: 47.19mg (1.35%), Vitamin A: 59.02IU (1.18%), Fiber: 0.26g (1.03%), Folate: 4.09µg (1.02%)