



Crescent Bacon-Cheddar Pinwheels

 Gluten Free

READY IN



35 min.

SERVINGS



16

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup spring onion chopped
- 2 tablespoons ranch dressing
- 0.3 cup oz. bacon into pieces cooked
- 0.5 cup cheddar cheese shredded

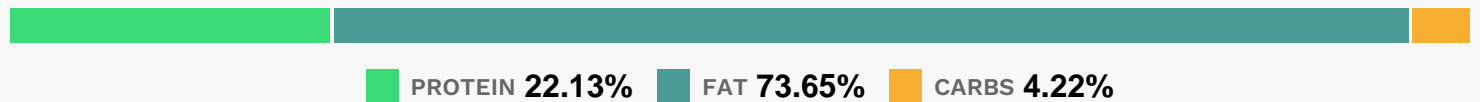
Equipment

- baking sheet
- oven
- serrated knife

Directions

- Heat oven to 350 degrees F.
- If using crescent rolls: Unroll dough; separate into 2 long rectangles. Press each into 12x4-inch rectangle, firmly pressing perforations to seal. If using dough sheet: Unroll dough; cut lengthwise into 2 long rectangles. Press each into 12x4-inch rectangle.
- Spread dressing over each rectangle to edges.
- Sprinkle each with bacon, Cheddar cheese and onions.
- Starting with one short side, roll up each rectangle; press edge to seal. With serrated knife, cut each roll into 8 slices; place cut side down on ungreased cookie sheet.
- Bake 12 to 17 minutes or until edges are deep golden brown. Immediately remove from cookie sheet.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.82260870658185%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 29.27kcal (1.46%), Fat: 2.42g (3.72%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.14g (0.15%), Cholesterol: 6.54mg (2.18%), Sodium: 93.21mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin K: 5.83µg (5.55%), Calcium: 26.62mg (2.66%), Phosphorus: 20.24mg (2.02%), Selenium: 1.07µg (1.53%), Vitamin B2: 0.02mg (1.09%), Vitamin A: 51.67IU (1.03%)