



## Crescent Nacho Mini Cups

READY IN



45 min.

SERVINGS



24

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup colby-monterey jack cheese shredded finely
- 0.3 cup chiles green chopped old el paso®
- 0.5 cup bean dip with jalapeno peppers hot
- 0.3 cup bell pepper red finely chopped
- 8 ounce crescent dinner rolls refrigerated pillsbury® canned

### Equipment

- frying pan
- oven

- wire rack
- muffin liners

## Directions

- Heat oven to 350 degrees F. Unroll dough and separate into 4 rectangles; firmly press perforations to seal.
- Cut each into 6 squares. Gently press squares into 24 ungreased miniature muffin cups (dough will not completely cover inside of cup; do not press too much).
- Spoon about 1 teaspoon bean dip into each cup. Top each with 1/2 teaspoon chiles, 1/2 teaspoon bell pepper and about 1 teaspoon cheese.
- Bake 15 to 20 minutes or until edges are deep golden brown. Cool in pan on wire rack 5 minutes; remove from muffin cups.
- Garnish each with guacamole and olives.

## Nutrition Facts

    
 **PROTEIN 8.46%**  **FAT 55.26%**  **CARBS 36.28%**

## Properties

Glycemic Index:3.79, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.78173912348955%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 43.11kcal (2.16%), Fat: 2.76g (4.25%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.97g (1.44%), Sugar: 1.1g (1.22%), Cholesterol: 2.1mg (0.7%), Sodium: 94.17mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin C: 4.71mg (5.7%), Calcium: 18.42mg (1.84%), Vitamin A: 88.74IU (1.77%), Phosphorus: 11.5mg (1.15%)