



Crescent Nacho Mini Cups

READY IN



45 min.

SERVINGS



24

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 oz colby cheese shredded finely
- 8 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- 0.3 cup chilis green chopped old el paso® (from 4.5-oz can)
- 0.5 cup pasilla peppers with jalapeño peppers (from 9-oz can) hot
- 0.3 cup bell pepper red finely chopped ()

Equipment

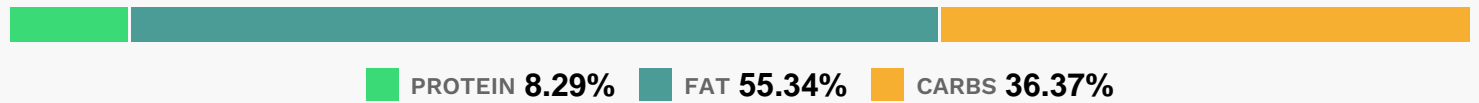
- frying pan
- oven

- wire rack
- muffin liners

Directions

- Heat oven to 350°F.
- If using crescent rolls: Unroll dough; separate into 4 rectangles. Firmly press perforations to seal. If using dough sheet: Unroll dough; cut into 4 rectangles.
- 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 cooling rack 5 minutes; remove from muffin cups.
- Garnish each with guacamole and olives.

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.77478262263796%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 43.71kcal (2.19%), Fat: 2.8g (4.31%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 4.03g (1.47%), Sugar: 1.1g (1.22%), Cholesterol: 2.24mg (0.75%), Sodium: 94.35mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Vitamin C: 4.98mg (6.03%), Calcium: 17.12mg (1.71%), Vitamin A: 85.39IU (1.71%), Phosphorus: 11.98mg (1.2%)