



## Easy Baked Cheese and Vegetable Twist

READY IN



60 min.

SERVINGS



16

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups broccoli cuts frozen thawed drained
- 0.5 cup cherry tomatoes cut in half
- 4 ounces philadelphia cream cheese softened
- 2 eggs
- 0.5 cup mushrooms fresh cut into quarters
- 4 green onions sliced
- 0.5 cup milk italian\* three cheese blend shredded 2% kraft
- 16 ounce crescent dinner rolls refrigerated canned

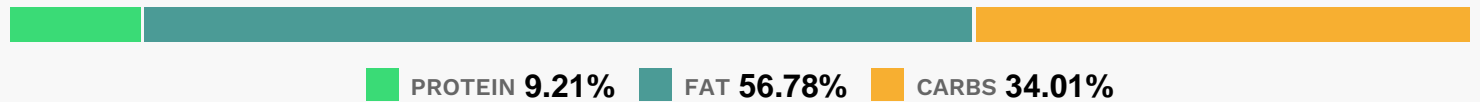
## Equipment

- bowl
- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 375 degrees F.
- Mix first 3 ingredients in large bowl until well blended. Stir in next 4 ingredients.
- Unroll dough; separate into 16 triangles. Arrange in 11-inch circle on foil-covered baking sheet, with short sides of triangles overlapping in center and points of triangles toward outside. (There should be a 5-inch diameter opening in center of circle.) Spoon cheese mixture onto dough near center of circle. Bring outside points of triangles up over filling, then tuck under dough in center of ring to cover filling.
- Bake 35 to 40 min. or until crust is golden brown and filling is heated through.

## Nutrition Facts



## Properties

Glycemic Index:7.69, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:4.0965216885442%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 151.2kcal (7.56%), Fat: 10.01g (15.41%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 12.92g (4.7%), Sugar: 3.65g (4.05%), Cholesterol: 28.32mg (9.44%), Sodium: 265.85mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Vitamin K: 23.34µg (22.22%), Vitamin C: 16.41mg (19.89%), Vitamin A: 280.36IU (5.61%), Vitamin B2: 0.08mg (4.48%), Selenium: 3.03µg (4.33%), Folate: 16.65µg (4.16%), Iron: 0.67mg (3.74%), Phosphorus: 34.36mg (3.44%), Potassium: 97.06mg (2.77%), Calcium: 27.47mg

(2.75%), Vitamin B5: 0.27mg (2.72%), Vitamin B6: 0.05mg (2.54%), Manganese: 0.05mg (2.4%), Fiber: 0.57g (2.28%), Vitamin E: 0.29mg (1.94%), Magnesium: 6.05mg (1.51%), Copper: 0.03mg (1.44%), Vitamin B1: 0.02mg (1.42%), Zinc: 0.21mg (1.39%), Vitamin B3: 0.26mg (1.32%), Vitamin B12: 0.07µg (1.1%)