



Easy Hot Pull-Apart Wedges

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- 2 slices oscar mayer ham boiled cut in half
- 8 oz crescent dinner rolls refrigerated canned
- 1 tomatoes cut into 4 slices
- 4 oz velveetaâ sliced
- 4 oz velveetaâ sliced

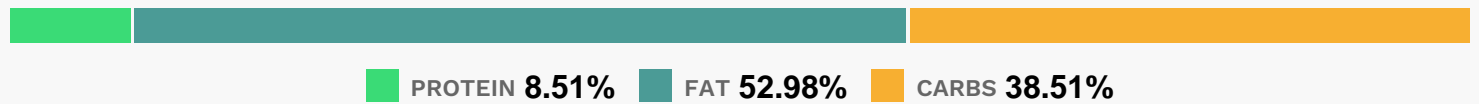
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375F.
- Unroll dough into 4 rectangles; firmly press seams and perforations together to seal.
- Top 2 dough rectangles with VELVEETA, ham and tomatoes, leaving 1/2-inch-wide border of dough uncovered around all edges; cover with remaining dough rectangles. Seal edges with fork.
- Place on baking sheet; cut each diagonally in half twice to form 4 small triangles. Do not separate triangles.
- Bake 15 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:2.6352174009966%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 238kcal (11.9%), Fat: 14.6g (22.46%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 23.51g (8.55%), Sugar: 6.48g (7.2%), Cholesterol: 8.68mg (2.89%), Sodium: 612.8mg (26.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.55%), Vitamin B1: 0.1mg (6.37%), Vitamin A: 256.15IU (5.12%), Vitamin C: 4.21mg (5.11%), Iron: 0.92mg (5.11%), Selenium: 3.18µg (4.54%), Vitamin B3: 0.81mg (4.04%), Vitamin B6: 0.08mg (3.89%), Phosphorus: 37.34mg (3.73%), Potassium: 112.92mg (3.23%), Zinc: 0.38mg (2.51%), Vitamin K: 2.43µg (2.31%), Vitamin B2: 0.04mg (2.16%), Manganese: 0.04mg (1.85%), Magnesium: 6.04mg (1.51%), Vitamin B12: 0.09µg (1.49%), Copper: 0.03mg (1.49%), Fiber: 0.37g (1.48%), Vitamin E: 0.22mg (1.44%), Folate: 5.03µg (1.26%)