



Festive Fiesta Bites

READY IN



55 min.

SERVINGS



55

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black pitted finely chopped
- 0.3 tsp chili powder
- 0.5 cup philadelphia cream cheese spread ()
- 0.3 cup cilantro leaves fresh finely chopped
- 0.3 tsp ground cumin
- 0.8 cup guacamole
- 0.3 cup oscar mayer real bacon bits
- 8 oz crescent dinner rolls refrigerated canned
- 1 small tomatoes seeded finely chopped

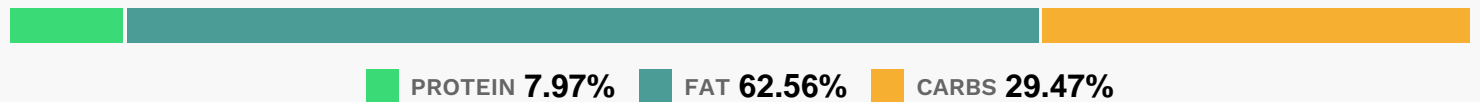
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Separate crescent dough into 2 rectangles; firmly press perforations together to seal.
- Place, 2 inches apart, on baking sheet sprayed with cooking spray; sprinkle with seasonings.
- Bake 15 min. or until golden brown; cool.
- Mix cream cheese spread and guacamole until blended; spread onto crusts. Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:2.09, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.44608695667399%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 28.11kcal (1.41%), Fat: 2.05g (3.15%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.55g (0.61%), Cholesterol: 2.01mg (0.67%), Sodium: 67.5mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Fiber: 0.28g (1.1%), Vitamin K: 1.09µg (1.04%)