



Fruit Danish

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

Ingredients

- 4 tablespoons cream cheese
- 1 tube regular crescent rolls refrigerated
- 4 tablespoons jam

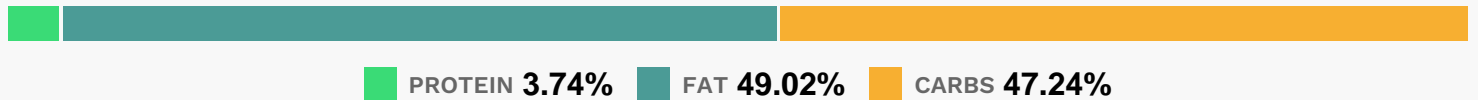
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400 F. Carefully unroll the dough on a lightly floured surface. Divide along the dotted lines into 4 equal rectangles. Working with 1 rectangle at a time, gently pinch and smooth the dough to eliminate the diagonal dotted lines. Trim the dough along one side to approximate a square.
- Place 1 tablespoon of cream cheese and 1 tablespoon of jam in the center of each square. Fold each corner to the center of the square, pinching them together.
- Transfer to a baking sheet.
- Bake until golden brown, 18 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index: 20.5, Glycemic Load: 7.67, Inflammation Score: -1, Nutrition Score: 1.2539130439577%

Nutrients (% of daily need)

Calories: 304.1kcal (15.2%), Fat: 17.15g (26.38%), Saturated Fat: 8.02g (50.1%), Carbohydrates: 37.18g (12.39%), Net Carbohydrates: 36.96g (13.44%), Sugar: 15.9g (17.66%), Cholesterol: 14.65mg (4.88%), Sodium: 495.45mg (21.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Iron: 0.83mg (4.59%), Vitamin A: 194.74IU (3.89%), Vitamin B2: 0.05mg (2.86%), Selenium: 1.65µg (2.35%), Vitamin C: 1.76mg (2.13%), Phosphorus: 19.32mg (1.93%), Calcium: 18.07mg (1.81%), Copper: 0.02mg (1.13%)