



Green Chile and Tuna Crescent Melts

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 2 tablespoons chiles green chopped old el paso®
- ☐ 0.8 cup cheddar cheese shredded
- ☐ 0.5 cup tuna salad

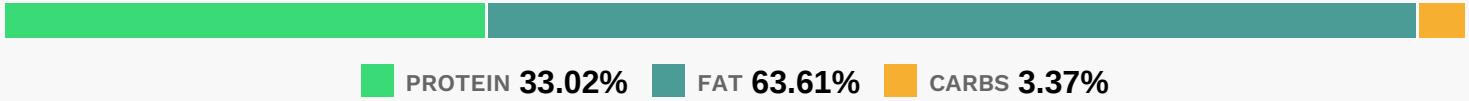
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In bowl, mix tuna salad, chiles and cilantro.
- ☐ Separate or cut dough into 4 long rectangles (if using crescent rolls, press perforations to seal); shape rectangles into squares. Spoon tuna mixture in center of each square; sprinkle each with 1 tablespoon of the cheese. Fold dough over filling to form a triangle; firmly press edges with fork to seal.
- ☐ Place on ungreased cookie sheet.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake at 375 degrees F 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:5.198695672595%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 105.37kcal (5.27%), Fat: 7.41g (11.39%), Saturated Fat: 4.11g (25.71%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.07g (0.08%), Cholesterol: 28.12mg (9.37%), Sodium: 210.54mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.3%), Selenium: 19.07µg (27.24%), Calcium: 156.03mg (15.6%), Phosphorus: 124.28mg (12.43%), Vitamin B12: 0.72µg (11.99%), Vitamin B3: 1.97mg (9.84%), Vitamin B2: 0.11mg (6.57%), Zinc: 0.91mg (6.08%), Vitamin A: 239.47IU (4.79%), Vitamin B6: 0.09mg (4.27%), Vitamin C: 2.59mg (3.14%), Magnesium: 10.47mg (2.62%), Iron: 0.46mg (2.54%), Vitamin D: 0.36µg (2.39%), Folate: 9.33µg (2.33%), Potassium: 59.19mg (1.69%), Vitamin E: 0.22mg (1.5%), Vitamin B5: 0.12mg (1.23%)