



## Halloween Crescent Claws



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



182 kcal

### Ingredients

- ☐ 1 eggs
- ☐ 6.3 oz taco seasoning
- ☐ 8 oz regular crescent rolls refrigerated canned (8 Count)
- ☐ 32 cashew pieces whole

### Equipment

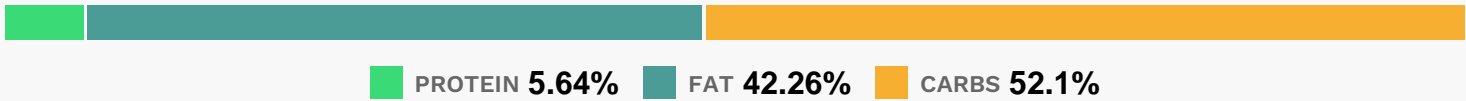
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

☐ kitchen scissors

## Directions

- ☐ Heat oven to 375°F. In small bowl, mix egg and taco seasoning mix with fork until well blended; set aside.
- ☐ Spray large cookie sheet with cooking spray. Separate crescent dough into 8 rounds; unroll into strips. Fold each strip in half; starting at folded end, twist 2 to 3 times, leaving 1 inch untwisted on other end.
- ☐ Place on cookie sheet.
- ☐ Using a paring knife or kitchen scissors, cut each untwisted end to make 4 claws.
- ☐ Cut a small slit in each claw.
- ☐ Place 1 cashew in each slit; press to seal cashew in place to make nail.
- ☐ Brush entire claw with egg mixture. Repeat with remaining ingredients.
- ☐ Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet.

## Nutrition Facts



## Properties

Glycemic Index:3.15, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:5.5130435966927%

## Nutrients (% of daily need)

Calories: 181.91kcal (9.1%), Fat: 9.25g (14.23%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 21.3g (7.74%), Sugar: 7.36g (8.18%), Cholesterol: 20.46mg (6.82%), Sodium: 2017.98mg (87.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin A: 2107.41IU (42.15%), Fiber: 4.36g (17.45%), Iron: 2.35mg (13.05%), Vitamin C: 10mg (12.12%), Copper: 0.14mg (6.78%), Manganese: 0.1mg (5.04%), Phosphorus: 46.47mg (4.65%), Magnesium: 18.18mg (4.55%), Selenium: 2.88µg (4.12%), Zinc: 0.42mg (2.79%), Vitamin K: 2.06µg (1.96%), Vitamin B1: 0.03mg (1.84%), Vitamin B6: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.68%), Vitamin B5: 0.14mg (1.36%), Potassium: 47.19mg (1.35%), Folate: 4.09µg (1.02%)