



Holiday Herb Crescent Trees

READY IN



60 min.

SERVINGS



2

CALORIES



1002 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 slices cherry tomatoes
- 0.5 cup chive-and-onion potato topper
- 2 tablespoons parsley fresh chopped
- 1 teaspoon penzey's southwest seasoning italian
- 0.3 cup parmesan cheese grated
- 16 ounce crescent dinner rolls refrigerated pillsbury® canned
- 0.5 medium bell pepper yellow

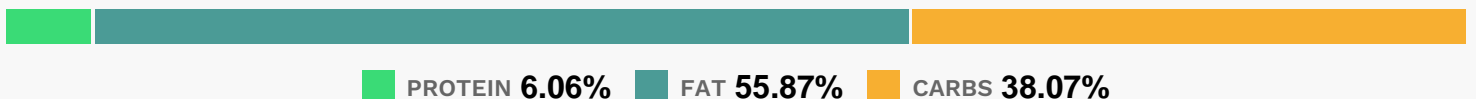
Equipment

- baking sheet
- oven
- wire rack
- serrated knife

Directions

- Heat oven to 375 degrees F. Unroll both cans of dough and separate into 4 long rectangles; firmly press perforations to seal.
- Sprinkle each rectangle with 1 tablespoon cheese and 1/4 teaspoon Italian seasoning. Starting with 1 short side, roll up each rectangle, forming 4 rolls; press edges to seal. With serrated knife, cut each roll into 8 slices.
- To form 1 tree, on ungreased cookie sheet, place 1 slice, cut side down, for top of tree. Arrange 2 slices just below, sides touching. Continue arranging rows of 3, 4 and 5 slices. Use remaining slice for tree trunk.
- Bake first tree 12 to 14 minutes or until golden brown. Cool 5 minutes; cool on wire rack. Repeat for second tree on another cookie sheet.
- Place trees on serving platters. Spoon potato topper into resealable plastic food-storage bag.
- Cut 1/4-inch hole in bottom corner of bag; pipe over trees.
- Place tomato slice on each pinwheel except top and bottom ones. With 1 1/4 to 1 1/2-inch star-shaped cutter, cut 2 stars from yellow bell pepper; place 1 on top of each tree. Chop remaining bell pepper; sprinkle over trees.
- Sprinkle with parsley.
- Serve immediately, or refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:11.931304414635%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 1001.97kcal (50.1%), Fat: 64.71g (99.56%), Saturated Fat: 30.29g (189.29%), Carbohydrates: 99.21g (33.07%), Net Carbohydrates: 98.28g (35.74%), Sugar: 24.9g (27.66%), Cholesterol: 46.06mg (15.35%), Sodium: 2267.16mg (98.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.61%), Vitamin C: 63.35mg (76.79%), Vitamin K: 72.45µg (69%), Vitamin A: 1134.07IU (22.68%), Iron: 3.77mg (20.94%), Calcium: 205.01mg (20.5%), Phosphorus: 94.39mg (9.44%), Selenium: 4.59µg (6.55%), Manganese: 0.12mg (5.87%), Folate: 18.89µg (4.72%), Zinc: 0.68mg (4.55%), Potassium: 153.53mg (4.39%), Vitamin B6: 0.09mg (4.3%), Fiber: 0.93g (3.72%), Vitamin B2: 0.06mg (3.71%), Magnesium: 13.99mg (3.5%), Copper: 0.06mg (3.02%), Vitamin B12: 0.17µg (2.81%), Vitamin E: 0.36mg (2.4%), Vitamin B3: 0.45mg (2.27%), Vitamin B1: 0.02mg (1.49%), Vitamin B5: 0.14mg (1.35%)