



Honey Nut Roll-Ups

READY IN



30 min.

SERVINGS



8

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds sliced
- 2 tablespoons butter melted
- 16.3 oz biscuits refrigerated canned
- 1 eggs
- 0.3 cup golden raisins
- 1 teaspoon ground cinnamon
- 3 tablespoons honey
- 2 teaspoons orange zest grated
- 0.3 cup walnut pieces chopped

1 tablespoon water

Equipment

bowl

baking sheet

baking paper

oven

whisk

aluminum foil

Directions

Heat oven to 350F. Line cookie sheet with foil or cooking parchment paper.

In medium bowl, mix walnuts, 3 tablespoons of the almonds, the raisins, honey, butter, orange peel and cinnamon. Set aside.

Separate dough into 8 biscuits; press each biscuit into 5x2 1/2-inch rectangle. Spoon about 1 tablespoon nut mixture down center of each biscuit; roll up and gently press seam to seal.

Place rolls, seam sides down, on cookie sheet.

In small bowl, beat egg and water with whisk or fork.

Brush mixture over roll tops.

Sprinkle with remaining almonds.

Bake 16 to 18 minutes or until golden brown.

Serve warm.

Nutrition Facts



PROTEIN 6.95% FAT 46.16% CARBS 46.89%

Properties

Glycemic Index:32.37, Glycemic Load:23.8, Inflammation Score:-3, Nutrition Score:9.5600000153417%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 341.16kcal (17.06%), Fat: 18.02g (27.72%), Saturated Fat: 3.86g (24.15%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 39.17g (14.24%), Sugar: 12.37g (13.75%), Cholesterol: 28.56mg (9.52%), Sodium: 575.74mg (25.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.21%), Phosphorus: 302.94mg (30.29%), Manganese: 0.55mg (27.53%), Selenium: 13.1µg (18.71%), Vitamin B1: 0.27mg (18.31%), Vitamin B2: 0.26mg (15.36%), Iron: 2.45mg (13.63%), Vitamin E: 1.93mg (12.87%), Folate: 50.09µg (12.52%), Vitamin B3: 2.22mg (11.11%), Copper: 0.2mg (9.76%), Fiber: 2g (8%), Magnesium: 31.15mg (7.79%), Potassium: 238.72mg (6.82%), Calcium: 54.35mg (5.44%), Vitamin B6: 0.09mg (4.54%), Zinc: 0.66mg (4.43%), Vitamin B5: 0.32mg (3.24%), Vitamin K: 3.05µg (2.91%), Vitamin A: 122.17IU (2.44%), Vitamin B12: 0.14µg (2.26%), Vitamin C: 0.99mg (1.19%)