



Jalapeño Pepper Pinwheels

READY IN



25 min.

SERVINGS



25

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 8 oz philadelphia cream cheese softened
- 1 large jalapeño pepper fresh seeded finely chopped
- 8 oz crescent dinner rolls refrigerated canned

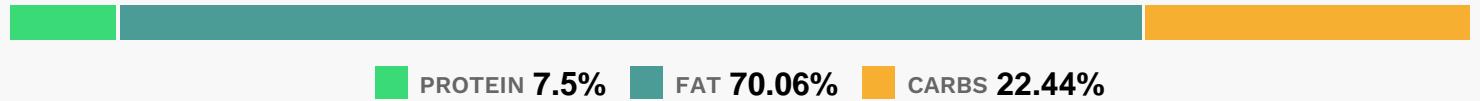
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375F.
- Mix first 3 ingredients until blended.
- Unroll crescent dough; separate into 4 rectangles. Firmly press perforations and seams together to seal; spread with cheese mixture.
- Roll up each rectangle, starting at one short end; cut into 4 slices.
- Place on baking sheet; flatten slightly.
- Bake 15 min. or until golden brown. Cool 1 min. before removing from baking sheet.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.75695652919619%

Nutrients (% of daily need)

Calories: 72.82kcal (3.64%), Fat: 5.84g (8.99%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.26g (1.4%), Cholesterol: 11.42mg (3.81%), Sodium: 114.49mg (4.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Vitamin A: 144.7IU (2.89%), Calcium: 24.96mg (2.5%), Selenium: 1.42µg (2.03%), Phosphorus: 20.12mg (2.01%), Vitamin B2: 0.03mg (1.82%)