



Mediterranean Crescent Pinwheels

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces feta cheese crumbled
- ☐ 6 tablespoons basil fresh chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 pound pancetta cooked thinly sliced
- ☐ 1 tablespoon vegetable oil

Equipment

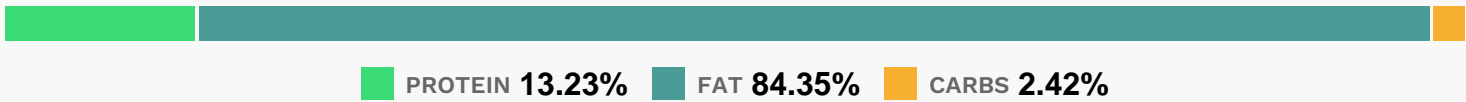
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ serrated knife

Directions

- ☐ Heat oven to 375 degrees F. Spray cookie sheets with cooking spray.
- ☐ If using crescent rolls: Unroll dough; separate dough into 4 rectangles. Firmly press perforations to seal. Press or roll each to form 8x5-inch rectangle. If using dough sheet: Unroll dough; cut into 4 rectangles. Press or roll each to form an 8x5-inch rectangle.
- ☐ Arrange 1/4 of prosciutto slices evenly over each rectangle. In small bowl, mix cheese, pepper and oil.
- ☐ Sprinkle mixture evenly over prosciutto on each rectangle.
- ☐ Sprinkle with basil.
- ☐ Starting at short side of each rectangle, roll up; seal long edges. With serrated knife, cut each roll into 5 slices.
- ☐ Place, cut side up, on cookie sheets.
- ☐ Bake 15 to 20 minutes or until golden brown.
- ☐ Remove from cookie sheets.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.45, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.679565222367%

Nutrients (% of daily need)

Calories: 68.59kcal (3.43%), Fat: 6.41g (9.85%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0g (0%), Cholesterol: 12.53mg (4.18%), Sodium: 139.74mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Selenium: 3.13µg (4.48%), Vitamin K: 3.92µg (3.74%), Phosphorus: 35.85mg (3.59%), Vitamin B2: 0.06mg (3.39%), Calcium: 29.8mg (2.98%), Vitamin B6: 0.06mg (2.76%), Vitamin B1: 0.04mg (2.69%), Vitamin B3: 0.52mg (2.59%), Vitamin B12: 0.15µg (2.54%), Zinc: 0.3mg (2.02%), Vitamin A: 60.05IU (1.2%), Vitamin B5: 0.12mg (1.2%)