

Mexican Confetti Pinwheels

READY IN



35 min.

SERVINGS



24

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup nacho cheese dip
- 0.3 cup spring onion chopped
- 0.3 cup bell pepper red finely chopped
- 8 ounce regular crescent rolls refrigerated pillsbury® canned

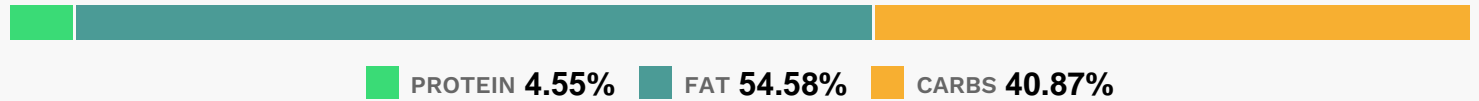
Equipment

- baking sheet
- oven
- serrated knife

Directions

- Heat oven to 350 degrees F. Unroll dough and separate into 4 rectangles; firmly press perforations to seal.
- Spread cheese dip over each rectangle to within 1/4 inch of edges.
- Sprinkle with bell pepper and onions.
- Starting with 1 short side, roll up each rectangle; press edge to seal. With serrated knife, cut each roll into 6 slices; place cut side down on ungreased cookie sheet.
- Bake 13 to 17 minutes or until edges are golden brown. Immediately remove from cookie sheet.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.52565217026226%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 38.89kcal (1.94%), Fat: 2.48g (3.82%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 4.1g (1.49%), Sugar: 1.16g (1.29%), Cholesterol: 0.22mg (0.07%), Sodium: 94.72mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.93%), Vitamin C: 2.91mg (3.53%), Vitamin K: 2.98µg (2.83%), Vitamin A: 91.85IU (1.84%)