

Mini Crescent Burgers

READY IN



35 min.

SERVINGS



16

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 envelope onion soup mix
- 24 ounces regular crescent rolls refrigerated
- 4 ounces cheddar cheese shredded

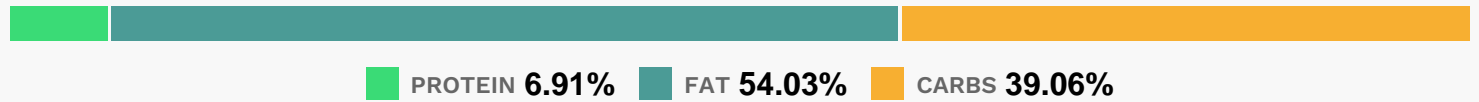
Equipment

- frying pan
- baking sheet
- oven

Directions

- In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in cheese and soup mix; set aside.
- Separate crescent dough into triangles; cut each triangle in half lengthwise, forming two triangles.
- Place 1 tablespoon of the beef mixture along the wide end of each triangle.
- Roll up; place pointed side down 2 in. apart on ungreased baking sheets.
- Bake at 375° for 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.2804347785271%

Nutrients (% of daily need)

Calories: 185.08kcal (9.25%), Fat: 11.56g (17.79%), Saturated Fat: 5.19g (32.44%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 18.64g (6.78%), Sugar: 4.39g (4.88%), Cholesterol: 7.09mg (2.36%), Sodium: 580.94mg (25.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Calcium: 53.68mg (5.37%), Phosphorus: 37.74mg (3.77%), Iron: 0.58mg (3.21%), Selenium: 2.13µg (3.04%), Vitamin B2: 0.04mg (2.24%), Zinc: 0.29mg (1.92%), Vitamin A: 71.39IU (1.43%), Vitamin B12: 0.08µg (1.25%)