



Mini Raspberry-Almond Swirls

READY IN



40 min.

SERVINGS



24

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 3 oz cream cheese softened cut into pieces
- ☐ 1 egg yolk
- ☐ 24 raspberries fresh
- ☐ 0.3 cup raspberry jam red seedless
- ☐ 8 oz regular crescent rolls refrigerated canned
- ☐ 3 tablespoons semi chocolate chips
- ☐ 1 teaspoon shortening
- ☐ 0.5 cup slivered almonds

- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla

Equipment

- ☐ food processor
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ microwave
- ☐ muffin liners
- ☐ rolling pin
- ☐ measuring cup
- ☐ serrated knife
- ☐ pizza cutter

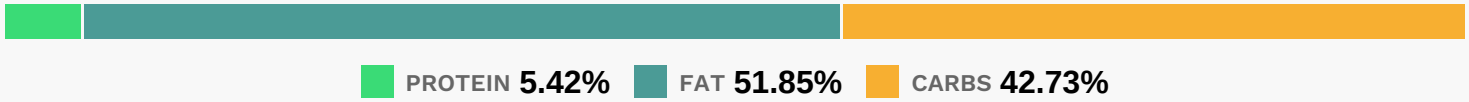
Directions

- ☐ Heat oven to 375F. Spray 24 mini muffin cups with cooking spray. In food processor, place sugar and almonds. Cover; process about 30 seconds or until almonds are finely ground.
- ☐ Add cream cheese, vanilla, almond extract and egg yolk. Cover; process about 10 seconds or until well blended.
- ☐ On lightly floured surface, unroll dough into 1 large rectangle. With floured rolling pin or fingers, roll or press dough into 12x9-inch rectangle, firmly pressing perforations to seal.
- ☐ Spread cream cheese mixture evenly over dough rectangle. With pizza cutter or knife, cut rectangle lengthwise into 2 narrow rectangles. Starting with cut edge, roll up each narrow dough rectangle (filling will be soft). Repeat with remaining half. With serrated knife, cut each roll into 12 slices; place cut side up in muffin cups.
- ☐ Bake 11 to 13 minutes or until light golden brown.
- ☐ Remove rolls from oven. With handle of wooden spoon, make indentation in center of each roll; spoon 1 teaspoon jam into each.
- ☐ Bake 2 to 4 minutes longer or until golden brown. Run knife around edge of each muffin cup to loosen.

- ☐
- Remove rolls from cups; place on cooling racks.

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Nutrition Facts



Properties

Glycemic Index:7.84, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.5313043412955%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 92.68kcal (4.63%), Fat: 5.52g (8.49%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 9.63g (3.5%), Sugar: 5.76g (6.4%), Cholesterol: 11.79mg (3.93%), Sodium: 87.07mg (3.79%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 1.3g (2.59%), Manganese: 0.09mg (4.61%), Vitamin E: 0.67mg (4.47%), Copper: 0.05mg (2.67%), Magnesium: 10.32mg (2.58%), Vitamin B2: 0.04mg (2.51%), Fiber: 0.6g (2.4%), Phosphorus: 23.67mg (2.37%), Iron: 0.38mg (2.1%), Selenium: 1.06µg (1.52%), Calcium: 12.86mg (1.29%), Vitamin A: 60.03IU (1.2%), Potassium: 38.5mg (1.1%), Zinc: 0.17mg (1.1%), Vitamin C: 0.84mg (1.01%)