



Monte Cristo Crescent Roll Ups

READY IN



35 min.

SERVINGS



12

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup garnish: blackberry jam
- 1 regular crescent rolls
- 1 tablespoon powdered sugar
- 8 slices provolone cheese
- 8 slices turkey breast (I used lunch meat slices)

Equipment

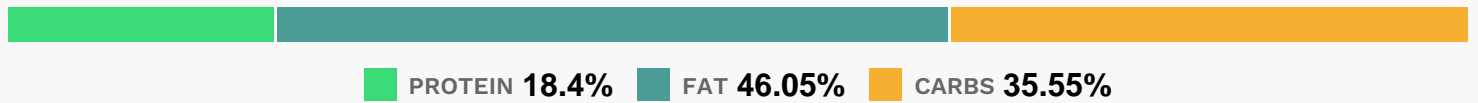
- baking sheet
- oven

knife

Directions

- Preheat oven to 350 degrees F. and line a large baking sheet with a silpat liner. Unroll Pillsbury Crescent
- Rolls and pinch 2 crescents together forming a rectangle. Seal edges.
- Spread a thin layer of jam over each rectangle.
- Layer each with 2 slices of Provolone cheese and 2 slices of turkey breast.
- Roll each rectangle up placing seam side down on baking sheet.
- Bake for 20-25 minutes, until golden.
- Rolls will spread and jam/cheese will ooze out slightly. Once out of the oven, take a plastic knife and bring cheese and jam back around rolls.
- Let cool for 10-15 minutes then cut each roll into 3 slices. Dust with powdered sugar if desired and serve warm.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:2.71, Inflammation Score:-1, Nutrition Score:1.6604347714911%

Nutrients (% of daily need)

Calories: 75.58kcal (3.78%), Fat: 3.89g (5.98%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.67g (2.43%), Sugar: 4.39g (4.88%), Cholesterol: 9.1mg (3.03%), Sodium: 114.06mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Calcium: 97.28mg (9.73%), Phosphorus: 65.75mg (6.57%), Vitamin B12: 0.19µg (3.15%), Selenium: 2.13µg (3.05%), Zinc: 0.42mg (2.81%), Vitamin B2: 0.05mg (2.77%), Vitamin A: 111.6IU (2.23%)