



Mushroom Bread Wedges

READY IN



25 min.

SERVINGS



8

CALORIES



156 kcal

Ingredients

- 3 tablespoons butter melted
- 0.5 pound mushrooms fresh sliced
- 0.3 teaspoon seasoning italian
- 0.3 cup parmesan cheese grated
- 8 ounces regular crescent rolls refrigerated

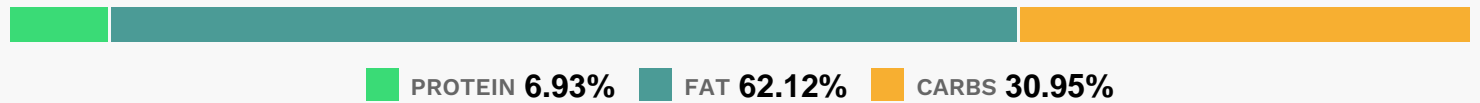
Equipment

- bowl
- oven
- pizza pan

Directions

- Separate crescent dough into eight triangles and place on a greased 12-in. round pizza pan with points toward the center; seal perforations.
- In a small bowl, combine the mushrooms and butter; toss to coat. Spoon mushroom mixture over dough.
- Sprinkle with Parmesan cheese and Italian seasoning.
- Bake at 375° for 15–20 minutes or until crust is golden brown and mushrooms are tender,

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:2.4917391344257%

Nutrients (% of daily need)

Calories: 156.42kcal (7.82%), Fat: 11.33g (17.43%), Saturated Fat: 5.75g (35.93%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 12.39g (4.5%), Sugar: 3.4g (3.78%), Cholesterol: 14.01mg (4.67%), Sodium: 312.42mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Vitamin B2: 0.13mg (7.46%), Selenium: 3.79µg (5.41%), Vitamin B3: 1.03mg (5.15%), Copper: 0.09mg (4.59%), Phosphorus: 45.55mg (4.55%), Vitamin B5: 0.44mg (4.41%), Vitamin A: 159.29IU (3.19%), Calcium: 30.73mg (3.07%), Iron: 0.54mg (2.98%), Potassium: 97.95mg (2.8%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.61%), Folate: 5.31µg (1.33%), Fiber: 0.31g (1.24%), Vitamin B12: 0.06µg (1.04%), Vitamin E: 0.15mg (1.01%)