



Nacho Crescent Pinwheels

READY IN



30 min.

SERVINGS



24

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 oz cream cheese softened
- 8 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- 2 tablespoons spring onion finely chopped (2 medium)
- 0.3 cup cheddar cheese shredded finely
- 1.5 teaspoons taco seasoning old el paso® (from 1-oz package)
- 0.3 cup corn whole with red and green peppers (from 11-oz can), drained green giant® steamcrisp® mexicorn®

Equipment

- bowl

- baking sheet
- oven
- serrated knife

Directions

- Heat oven to 350°F. Spray cookie sheet with cooking spray.
- If using crescent rolls: Unroll dough; separate dough into 4 rectangles. Firmly press perforations to seal. If using dough sheet: Unroll dough and cut into 4 rectangles.
- In small bowl, mix cream cheese and taco seasoning mix. Stir in Cheddar cheese, corn and onions.
- Spread 2 tablespoons cream cheese mixture over each rectangle to within 1/4 inch of edges.
- Starting with one short side, roll up each rectangle; press edge to seal. With serrated knife, cut each roll into 6 slices; place cut side down on cookie sheet.
- Bake 13 to 17 minutes or until edges are golden brown.
- Serve warm with salsa.

Nutrition Facts

PROTEIN 6.95% **FAT 62.16%** **CARBS 30.89%**

Properties

Glycemic Index:3.58, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.48434783032407%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 53.21kcal (2.66%), Fat: 3.81g (5.86%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 4.24g (1.54%), Sugar: 1.1g (1.22%), Cholesterol: 5.15mg (1.72%), Sodium: 98.7mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Calcium: 14.92mg (1.49%), Vitamin A: 68.89IU (1.38%), Phosphorus: 11.81mg (1.18%), Vitamin K: 1.15µg (1.09%), Selenium: 0.75µg (1.07%)