



Palmiers

 Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter melted
- 8 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- 0.3 cup granulated sugar
- 16 servings sugar

Equipment

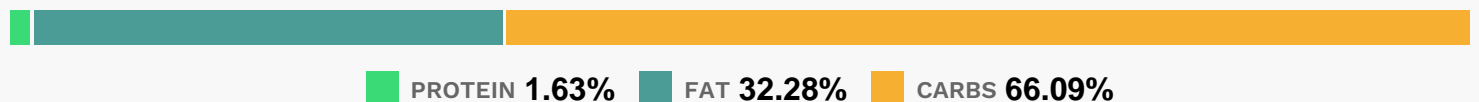
- baking sheet
- baking paper
- oven

- cutting board
- serrated knife

Directions

- Heat oven to 375°F. Line cookie sheet with parchment paper. Separate or cut dough into 4 (4x7-inch) rectangles; if using crescent roll dough, firmly press perforations to seal.
- Sprinkle 1 tablespoon of the granulated sugar on cutting board.
- Place 2 dough rectangles on sugar; press lightly.
- Brush tops of dough with about 1 tablespoon butter; sprinkle with 1 tablespoon sugar.
- Place one rectangle on top of another; tightly roll both short sides of the dough rectangle so they meet in the middle.
- Repeat step
- Using a serrated knife, cut each roll into 8 slices.
- Place cut side down, 2 inches apart, on parchment-lined cookie sheet.
- Sprinkle with coarse sugar. Press each slightly to flatten.
- Bake 10 to 13 minutes or until golden brown. Cool 1 minute; remove from cookie sheets. Cool completely.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:10.56, Inflammation Score:-1, Nutrition Score:0.14260869440825%

Nutrients (% of daily need)

Calories: 120.43kcal (6.02%), Fat: 4.5g (6.93%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 20.75g (6.92%), Net Carbohydrates: 20.75g (7.55%), Sugar: 16.51g (18.35%), Cholesterol: 0mg (0%), Sodium: 127.93mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin A: 62.6IU (1.25%), Iron: 0.19mg (1.03%)