



Pepper Jelly Danish

READY IN



25 min.

SERVINGS



8

CALORIES



552 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz cream cheese softened
- 1 large eggs lightly beaten
- 1 tablespoon honey
- 0.3 cup pepper jelly
- 32 oz crescent rolls refrigerated canned

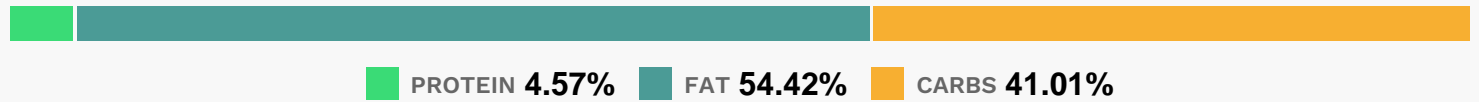
Equipment

- baking sheet
- oven

Directions

- Unroll 1 can crescent roll dough onto a lightly floured surface; divide into 2 pieces, separating at center perforation. Press each piece into a 7-inch square. Bring corners to center, partially overlapping each; gently press corners into centers using thumb, making a small indentation. Repeat process with remaining cans of crescent rolls.
- Transfer to lightly greased baking sheets.
- Stir together cream cheese and egg; stir together pepper jelly and honey. Spoon 1 Tbsp. cream cheese mixture into center of each dough circle, and top with 2 tsp. pepper jelly mixture.
- Bake, in batches, at 375 for 15 to 18 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:6.83, Inflammation Score:-2, Nutrition Score:2.5626087007315%

Nutrients (% of daily need)

Calories: 552.42kcal (27.62%), Fat: 34.74g (53.44%), Saturated Fat: 16.13g (100.81%), Carbohydrates: 58.89g (19.63%), Net Carbohydrates: 58.73g (21.36%), Sugar: 21.45g (23.84%), Cholesterol: 51.88mg (17.29%), Sodium: 992.71mg (43.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Iron: 1.65mg (9.17%), Vitamin A: 414.48IU (8.29%), Selenium: 4.66µg (6.66%), Vitamin B2: 0.11mg (6.21%), Phosphorus: 45.51mg (4.55%), Calcium: 33.99mg (3.4%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.33mg (2.18%), Vitamin B12: 0.12µg (1.97%), Folate: 7.1µg (1.77%), Potassium: 58.32mg (1.67%), Zinc: 0.24mg (1.58%), Vitamin C: 1.26mg (1.53%), Vitamin B6: 0.03mg (1.5%), Copper: 0.02mg (1.24%)