



## Pimento-Cheese Pinwheels

READY IN



30 min.

SERVINGS



30

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz philadelphia cream cheese softened ()
- 4 green onions finely chopped
- 0.1 tsp pepper sauce hot
- 0.3 cup pimentos drained chopped
- 8 oz crescent dinner rolls refrigerated
- 0.8 cup sharp cheddar cheese shredded kraft

### Equipment

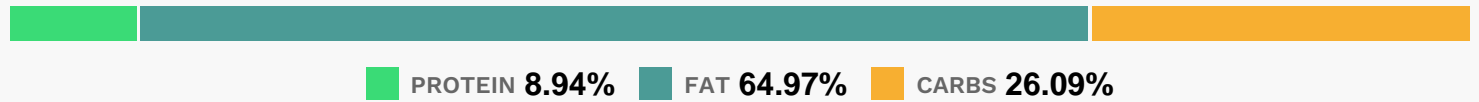
- baking sheet

- oven
- blender

## Directions

- Heat oven to 375F.
- Beat all ingredients except crescent dough with mixer until blended.
- Unroll dough onto work surface; firmly press perforations and seams together to form 12x8-inch rectangle.
- Spread with cream cheese mixture; roll up, starting at one long side.
- Cut into 16 slices.
- Place. 2 inches apart, on baking sheet sprayed with cooking spray.
- Bake 13 to 15 min. or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:4.37, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.96173913128998%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 52.18kcal (2.61%), Fat: 3.9g (5.99%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.44g (1.25%), Sugar: 1g (1.11%), Cholesterol: 6.64mg (2.21%), Sodium: 90.75mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Vitamin K: 3.62µg (3.45%), Vitamin A: 137.54IU (2.75%), Calcium: 24.9mg (2.49%), Vitamin C: 1.98mg (2.4%), Phosphorus: 17.91mg (1.79%), Selenium: 1.14µg (1.62%), Vitamin B2: 0.02mg (1.39%)