



Poppy Seed Pinwheels

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

180 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce cream cheese light fat-free softened
- ☐ 1 teaspoon chives dried
- ☐ 1 teaspoon parsley flakes dried
- ☐ 1 eggs slightly beaten (or egg substitute equivalent)
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 teaspoons poppy seeds
- ☐ 1 can crescent rolls refrigerated

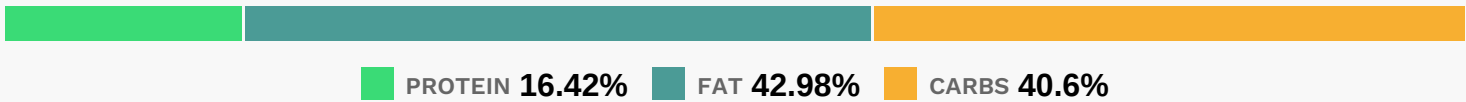
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ In a small mixing bowl, combine cream cheese, parsley, chives, and garlic powder. Set aside. On a floured surface, unroll the crescent rolls into rectangles and combine to make 1 long rectangle.
- ☐ Spread cream cheese mixture on and roll up like a pinwheel, starting at the long side. Seal edges. Spray a cookie sheet with cooking spray.
- ☐ Place roll on the cookie sheet, brush with egg, and sprinkle with poppy seeds. Score at 1/2-inch intervals along the roll (not all the way through). Pull apart slightly so that your scoring will not completely seal back up during baking.
- ☐ Bake until golden brown.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:4.7443478886524%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg

Nutrients (% of daily need)

Calories: 180.28kcal (9.01%), Fat: 8.92g (13.73%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 18.53g (6.74%), Sugar: 5.88g (6.53%), Cholesterol: 4.54mg (1.51%), Sodium: 562.43mg (24.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Phosphorus: 211.87mg (21.19%), Calcium: 154.24mg (15.42%), Vitamin A: 581.81IU (11.64%), Vitamin B2: 0.11mg (6.76%), Vitamin C: 5.46mg (6.61%), Vitamin B12: 0.36µg (5.99%), Zinc: 0.7mg (4.65%), Iron: 0.83mg (4.61%), Manganese: 0.09mg (4.43%), Magnesium: 17.33mg (4.33%), Potassium: 140.37mg (4.01%), Folate: 15.11µg (3.78%), Vitamin B5: 0.34mg (3.43%), Selenium: 2.2µg (3.14%), Vitamin B1: 0.03mg (2.16%), Vitamin B6: 0.04mg (2.11%), Copper: 0.04mg (1.85%), Fiber: 0.44g (1.75%)