

Red Pepper and Tapenade Slices

READY IN

ready

22 min.

SERVINGS

servings

8

CALORIES

calories

140 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 tablespoons cheese blue crumbled
- ☐ 8 ounce crescent rolls canned (recommended: Pillsbury)
- ☐ 0.5 cup jack cheese shredded kraft (recommended:)
- ☐ 0.5 cup tomatoes (recommended: Prego)
- ☐ 0.3 cup olive tapenade (recommended: Cantare)
- ☐ 0.3 cup roasted bell pepper red cut into strips (recommended: delallo)

Equipment

- ☐ baking sheet

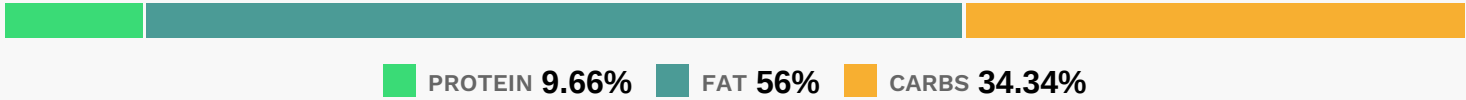
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 oven

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Remove crescent dough from can and unroll. Separate into 8 triangles.
- ☐ Lay pieces of dough on baking sheet. Top each slice with a spoonful of marinara sauce, some shredded jack and blue cheese, a spoonful of olive tapenade, and red bell pepper strips.
- ☐ Bake in oven for 12 to 15 minutes, or until edges are golden.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:2.0591304600239%

Nutrients (% of daily need)

Calories: 139.56kcal (6.98%), Fat: 9.05g (13.93%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 12.19g (4.43%), Sugar: 3.43g (3.81%), Cholesterol: 8.25mg (2.75%), Sodium: 447.55mg (19.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Calcium: 71.08mg (7.11%), Phosphorus: 46.82mg (4.68%), Vitamin C: 3.78mg (4.59%), Vitamin A: 170.98IU (3.42%), Iron: 0.61mg (3.39%), Vitamin B2: 0.05mg (2.9%), Zinc: 0.33mg (2.17%), Selenium: 1.51µg (2.16%), Potassium: 66.44mg (1.9%), Vitamin B6: 0.04mg (1.77%), Vitamin E: 0.25mg (1.64%), Vitamin B12: 0.09µg (1.51%), Copper: 0.03mg (1.43%), Magnesium: 5.45mg (1.36%), Manganese: 0.03mg (1.34%), Fiber: 0.3g (1.2%), Folate: 4.53µg (1.13%), Vitamin B5: 0.11mg (1.1%), Vitamin B3: 0.22mg (1.09%)