



## Savory Cheese Triangles

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter firm
- 3 ounces cream cheese
- 0.3 cup milk
- 1 egg yolk
- 0.5 cup chives softened
- 2 ounces gouda cheese shredded
- 1 egg whites
- 1 tablespoon parsley fresh chopped

2 cups frangelico

## Equipment

bowl

baking sheet

oven

blender

## Directions

Heat oven to 425°.

Cut butter and 3-ounce package of cream cheese into Bisquick mix in medium bowl, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in milk and egg yolk.

Place dough on surface well dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into a ball; knead 10 times.

Roll dough into 16x8-inch rectangle.

Spread chive-and-onion cream cheese lengthwise over half of dough to within 1/4 inch of edges; sprinkle with Gouda cheese. Carefully fold dough over filling.

Brush egg white over top; sprinkle with parsley.

Cut into four 4-inch squares; cut squares diagonally in half to form 8 triangles.

Place on ungreased cookie sheet.

Bake 10 to 13 minutes or until golden brown.

Cut each triangle in half.

Serve warm.

## Nutrition Facts

 **PROTEIN 13.91%**  **FAT 80.38%**  **CARBS 5.71%**

## Properties

Glycemic Index:10.56, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:1.662608684405%

## Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 51.91kcal (2.6%), Fat: 4.68g (7.21%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.57g (0.63%), Cholesterol: 22.17mg (7.39%), Sodium: 67.98mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Vitamin K: 6.98µg (6.65%), Vitamin A: 253.87IU (5.08%), Calcium: 39.82mg (3.98%), Phosphorus: 36.11mg (3.61%), Selenium: 2.08µg (2.98%), Vitamin B2: 0.05mg (2.8%), Vitamin B12: 0.12µg (1.98%), Zinc: 0.22mg (1.48%), Vitamin C: 1.06mg (1.29%), Folate: 4.65µg (1.16%), Vitamin B5: 0.1mg (1.05%)