



Savory Crescent Bites

READY IN



40 min.

SERVINGS



16

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces asiago cheese shredded finely
- 5 slices bacon crumbled cooked
- 8 medium olives pitted ripe chopped
- 0.3 cup ranch dressing
- 8 ounce regular crescent rolls refrigerated pillsbury® canned
- 0.3 teaspoon salt
- 0.3 cup cream sour
- 1.5 teaspoons sun-dried tomato paste italian

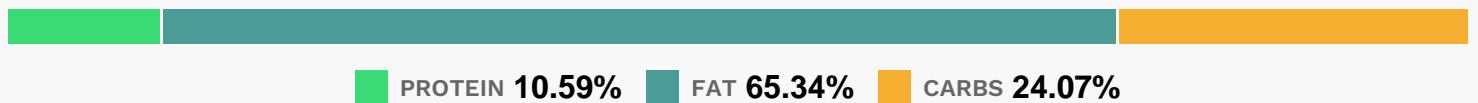
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 350 degrees F. Stir together bacon, cheese and olives. In another bowl, stir together sour cream, dressing and salt. Spoon into small serving bowl. Refrigerate until serving time.
- Unroll dough and separate into 8 triangles; press out slightly.
- Cut each triangle in half lengthwise from tip end to short side to make 16 triangles.
- Spread thin layer of tomato paste on each triangle. Spoon 1 1/2 teaspoons olive mixture on short side of each triangle; spread slightly.
- Roll up, starting at short side of triangle and rolling to opposite point.
- Place, point side down, on ungreased cookie sheet.
- Bake 13 to 18 minutes or until golden brown.
- Place bowl of sour cream mixture in center of serving plate. Arrange warm crescent bites around bowl.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.4430434765375%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 102.5kcal (5.12%), Fat: 7.59g (11.68%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 6.22g (2.26%), Sugar: 1.75g (1.95%), Cholesterol: 7.98mg (2.66%), Sodium: 321.31mg (13.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Vitamin K: 5.17µg (4.92%), Calcium: 47.97mg

(4.8%), Phosphorus: 44.08mg (4.41%), Selenium: 2.35µg (3.35%), Vitamin B2: 0.03mg (1.59%), Iron: 0.28mg (1.57%), Vitamin A: 75.74IU (1.51%), Vitamin B3: 0.28mg (1.41%), Vitamin B12: 0.08µg (1.39%), Zinc: 0.19mg (1.29%), Vitamin E: 0.19mg (1.28%), Vitamin B1: 0.02mg (1.14%)