



Savory Parmesan Bites

READY IN



20 min.

SERVINGS



32

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup parmesan cheese divided grated
- ☐ 1 small bell pepper red chopped
- ☐ 16 ounce crescent dinner rolls refrigerated canned

Equipment

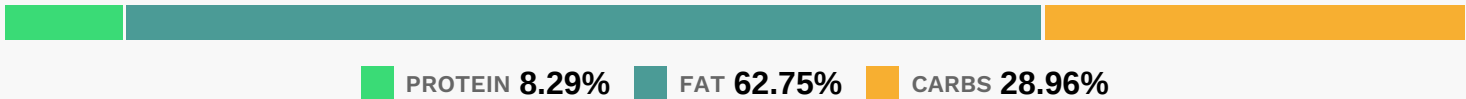
- ☐ baking sheet
- ☐ oven

☐ serrated knife

Directions

- ☐ Stir together softened cream cheese, 3/4 cup cheese, bell pepper, and parsley.
- ☐ Unroll crescent rolls, and separate each can into 4 rectangles, pressing perforations to seal.
- ☐ Spread 3 tablespoons cream cheese mixture on each rectangle.
- ☐ Roll up, starting at 1 short side, jelly-roll fashion.
- ☐ Cut each roll into 4 equal pieces, using a serrated knife.
- ☐ Place on ungreased baking sheets.
- ☐ Sprinkle bites with remaining cup cheese.
- ☐ Bake at 350 for 13 to 15 minutes or until golden brown.
- ☐ Note: To make ahead, place unbaked bites on ungreased baking sheets, and freeze 1 hour or until frozen.
- ☐ Place bites in zip-top plastic freezer bags; store in freezer up to 1 month.
- ☐ Place frozen bites on ungreased baking sheets.
- ☐ Bake at 350 for 15 to 17 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:2.84, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.5630434715877%

Flavonoids

Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 88.34kcal (4.42%), Fat: 6.37g (9.8%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 6.55g (2.38%), Sugar: 1.79g (1.99%), Cholesterol: 9.88mg (3.29%), Sodium: 188.57mg (8.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Vitamin K: 8µg (7.62%), Vitamin A: 234.11IU

(4.68%), Vitamin C: 3.58mg (4.34%), Calcium: 35.31mg (3.53%), Phosphorus: 28.27mg (2.83%), Selenium: 1.71µg (2.44%), Vitamin B2: 0.03mg (1.74%), Iron: 0.24mg (1.33%), Zinc: 0.18mg (1.21%)