



Savory Parmesan Bites

READY IN



30 min.

SERVINGS



30

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 0.3 cup parsley fresh chopped
- 1 cup parmesan cheese divided grated kraft
- 1 bell pepper red chopped
- 16 oz crescent dinner rolls refrigerated canned

Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Mix cream cheese and 3/4 cup Parmesan until blended.
- Unroll dough; separate into 8 rectangles. Press seams and perforations together to seal.
- Spread with cream cheese mixture; top with peppers and parsley.
- Fold each dough rectangle lengthwise into thirds; cut crosswise into 4 squares.
- Place, seam sides down, on baking sheet; sprinkle with remaining Parmesan.
- Bake 13 to 15 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:3.03, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:1.8673912818017%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 94.62kcal (4.73%), Fat: 6.8g (10.46%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 7.05g (2.56%), Sugar: 1.97g (2.19%), Cholesterol: 10.54mg (3.51%), Sodium: 201.2mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin K: 8.61µg (8.2%), Vitamin C: 5.74mg (6.96%), Vitamin A: 296.68IU (5.93%), Calcium: 37.77mg (3.78%), Phosphorus: 30.54mg (3.05%), Selenium: 1.82µg (2.6%), Vitamin B2: 0.03mg (1.93%), Iron: 0.26mg (1.45%), Zinc: 0.2mg (1.32%), Vitamin B12: 0.06µg (1.03%)