



Spinach Pinwheels

READY IN



32 min.

SERVINGS



30

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7 ounce garlic herb cheese spread
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 16 ounce crescent rolls refrigerated

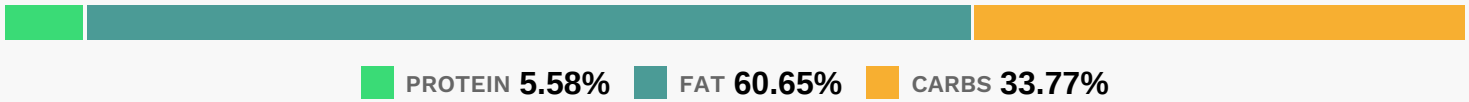
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Split crescent dough in half along center perforation. Flatten one rectangle, sealing perforations.
- ☐ Spread with 1/4 of the cheese spread and sprinkle with spinach. Starting with long side, roll dough up, rolling back and forth several times to seal edges.
- ☐ Cut into 3/4 inch slices (about 15 slices per roll). Arrange the slices one inch apart on ungreased cookie sheet. Continue making the crescent roll ups until all of the ingredients are used.
- ☐ Bake for 10 to 12 minutes, until lightly browned.
- ☐ Serve immediately or keep warm on a warming tray.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:3.356956495539%

Nutrients (% of daily need)

Calories: 78.67kcal (3.93%), Fat: 5.61g (8.62%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.75g (2.45%), Sugar: 1.57g (1.75%), Cholesterol: 7.19mg (2.4%), Sodium: 161.63mg (7.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin K: 35.15µg (33.48%), Vitamin A: 1108.09IU (22.16%), Folate: 13.7µg (3.43%), Manganese: 0.07mg (3.33%), Iron: 0.37mg (2.05%), Vitamin E: 0.27mg (1.83%), Magnesium: 7.09mg (1.77%), Vitamin B2: 0.02mg (1.25%), Calcium: 12.19mg (1.22%), Fiber: 0.27g (1.1%)