

## Spiral Cheese Slices

READY IN



20 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon garlic powder
- 0.3 cup spring onion chopped
- 8 ounces regular crescent rolls refrigerated
- 0.3 cup cheddar cheese shredded

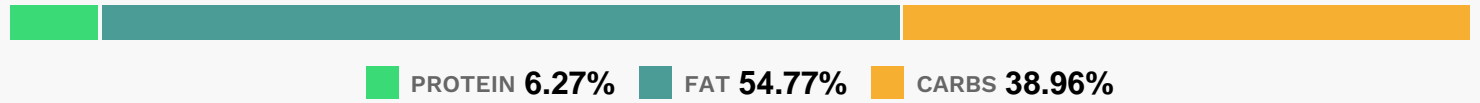
### Equipment

- baking sheet
- oven

## Directions

- Remove crescent dough from tube; do not unroll.
- Cut into eight slices; place on an ungreased baking sheet. Top with green onions.
- Sprinkle with garlic powder and cheese; lightly press cheese into slices.
- Bake at 375° for 14–16 minutes or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.98130434103634%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 114.79kcal (5.74%), Fat: 7.3g (11.23%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 11.6g (4.22%), Sugar: 2.92g (3.25%), Cholesterol: 3.53mg (1.18%), Sodium: 246.17mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin K: 6.55µg (6.24%), Calcium: 27.25mg (2.73%), Iron: 0.41mg (2.29%), Phosphorus: 17.52mg (1.75%), Selenium: 1.03µg (1.47%), Vitamin A: 66.54IU (1.33%), Vitamin B2: 0.02mg (1.07%)