



Three-Cheese Crescent Pinwheels

READY IN



30 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 2 tablespoons cream cheese softened
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 tablespoon mayonnaise
- ☐ 0.3 cup monterrey jack cheese shredded hot
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® canned

Equipment

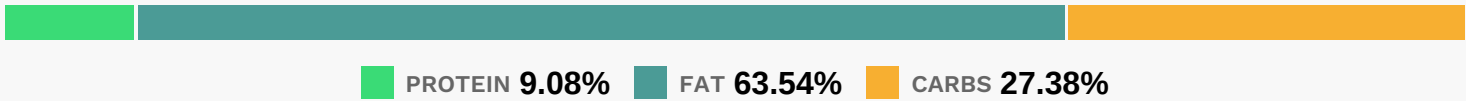
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Lightly spray cookie sheet with nonstick cooking spray. In small bowl, mix all cheeses and mayonnaise until well blended and soft.
- ☐ Separate dough into 2 long rectangles; press perforations to seal.
- ☐ Spread cheese mixture evenly over rectangles. Starting at short sides, roll up each; pinch edges to seal.
- ☐ Cut each roll into 8 slices.
- ☐ Place, cut side down, on cookie sheet.
- ☐ Sprinkle with parsley.
- ☐ Bake 12 to 15 minutes or until golden brown. Immediately remove from cookie sheet. Cool 3 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.7421739117607%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

Nutrients (% of daily need)

Calories: 166.78kcal (8.34%), Fat: 12.14g (18.68%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 11.77g (4.28%), Sugar: 3.04g (3.38%), Cholesterol: 13.87mg (4.62%), Sodium: 363.27mg (15.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Calcium: 74.58mg (7.46%), Phosphorus: 52.59mg (5.26%), Vitamin K: 3.63µg (3.46%), Vitamin B2: 0.05mg (3.22%), Selenium: 2.09µg (2.98%), Vitamin A: 143.46IU (2.87%), Vitamin B12: 0.14µg (2.37%), Zinc: 0.35mg (2.34%), Iron: 0.42mg (2.32%), Vitamin B5: 0.18mg (1.77%), Folate: 4.12µg (1.03%)