



Three-Cheese Crescent Twirls



Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



81 kcal

Ingredients

- ☐ 2 oz cheese blue crumbled
- ☐ 0.3 cup monterrey jack cheese shredded with jalapeño peppers (1 oz)
- ☐ 2 tablespoons cream cheese softened
- ☐ 1 tablespoon mayonnaise
- ☐ 8 oz regular crescent rolls refrigerated canned (8 Count)
- ☐ 2 tablespoons parsley fresh chopped

Equipment

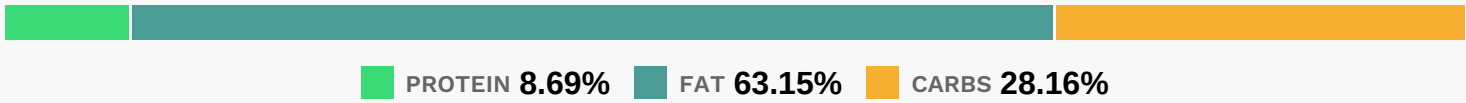
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 375°F. Lightly spray cookie sheet with cooking spray. In small bowl, mix cheeses and mayonnaise until well blended and soft.
- ☐ Separate dough into 2 long rectangles. Firmly press perforations to seal.
- ☐ Spread cheese mixture evenly over rectangles. Starting at short side, 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.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.19, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.2382608804366%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 81.18kcal (4.06%), Fat: 5.88g (9.05%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 5.89g (2.14%), Sugar: 1.52g (1.69%), Cholesterol: 6.43mg (2.14%), Sodium: 174.15mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin K: 9.79µg (9.33%), Calcium: 34.4mg (3.44%), Phosphorus: 23.97mg (2.4%), Vitamin A: 107.65IU (2.15%), Vitamin B2: 0.03mg (1.49%), Selenium: 0.95µg (1.35%), Iron: 0.24mg (1.32%), Zinc: 0.16mg (1.09%), Vitamin B12: 0.06µg (1.05%)