

Veggie Ham Crescent Wreath

READY IN



35 min.

SERVINGS



16

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup broccoli florets fresh chopped
- 0.5 cup cream cheese
- 0.3 cup finely-chopped ham diced fully cooked
- 6 grape tomatoes quartered
- 0.3 cup bell pepper green finely chopped
- 1 tablespoon onion red chopped
- 16 ounces regular crescent rolls refrigerated
- 16 ounces regular crescent rolls refrigerated
- 0.3 cup bell pepper sweet yellow finely chopped

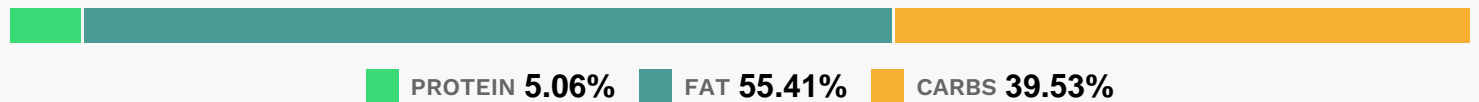
Equipment

- oven
- pizza pan

Directions

- Remove crescent dough from tubes (do not unroll).
- Cut each roll into eight slices. Arrange in an 11-in. circle on an ungreased 14-in. pizza pan.
- Bake at 375° for 15–20 minutes or until golden brown.
- Cool for 5 minutes before carefully removing to a serving platter; cool completely.
- Spread cream cheese over wreath; top with ham, peppers, broccoli, tomatoes and onion. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:1.8726086849752%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 230.24kcal (11.51%), Fat: 14.84g (22.83%), Saturated Fat: 6.58g (41.15%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 23.6g (8.58%), Sugar: 6.24g (6.93%), Cholesterol: 8.88mg (2.96%), Sodium: 495.95mg (21.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin C: 10.15mg (12.3%), Iron: 0.8mg (4.45%), Vitamin A: 179.37IU (3.59%), Vitamin K: 3.73µg (3.55%), Phosphorus: 19.08mg (1.91%), Selenium: 1.16µg (1.65%), Vitamin B2: 0.03mg (1.64%), Vitamin B6: 0.03mg (1.5%), Potassium: 50mg (1.43%), Vitamin B1: 0.02mg (1.38%), Folate: 4.41µg (1.1%), Manganese: 0.02mg (1.07%)