

## Veggie Squares

READY IN



45 min.

SERVINGS



10

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 ounce imitation bacon bits
- 1 head broccoli fresh minced
- 4 large carrots shredded
- 1 head cauliflower finely chopped
- 16 ounce cream cheese
- 1 teaspoon dill weed dried
- 1 bunch green onions chopped
- 1 cup mayonnaise
- 1 bunch radishes diced finely

- 16 ounce crescent rolls refrigerated
- 8 ounces swiss cheese shredded

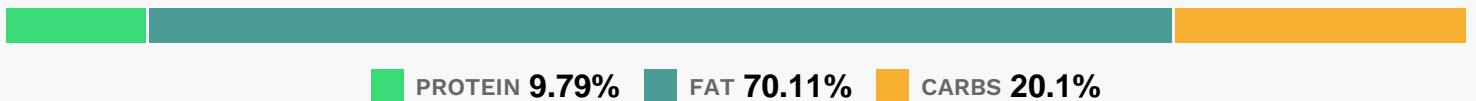
## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Unroll crescent rolls onto a baking sheet, and press together the seams to form a single sheet of dough.
- Bake for 15 minutes or until golden brown.
- Let cool.
- Mix cream cheese and mayonnaise together and spread the mixture onto the top of each crescent roll.
- Sprinkle dill weed or garlic salt over crescent rolls. Arrange the broccoli, cauliflower, radishes and carrots on top of the cheese and mayonnaise mixture.
- Sprinkle the cheese over the veggies.
- Sprinkle the imitation bacon bits over the shredded cheese. Refrigerate until ready to serve. Before serving cut the crescent rolls into squares.

## Nutrition Facts



## Properties

Glycemic Index:27.88, Glycemic Load:3.14, Inflammation Score:-10, Nutrition Score:25.327826098255%

## Flavonoids

Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

## Nutrients (% of daily need)

Calories: 641.38kcal (32.07%), Fat: 51.45g (79.15%), Saturated Fat: 20.44g (127.73%), Carbohydrates: 33.18g (11.06%), Net Carbohydrates: 28.77g (10.46%), Sugar: 10.02g (11.13%), Cholesterol: 76.31mg (25.44%), Sodium: 867.87mg (37.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.34%), Vitamin A: 6032.22IU (120.64%), Vitamin K: 117.55µg (111.95%), Vitamin C: 85.02mg (103.06%), Calcium: 310.29mg (31.03%), Phosphorus: 276.74mg (27.67%), Folate: 95.58µg (23.9%), Selenium: 13.71µg (19.58%), Vitamin B2: 0.31mg (18.16%), Fiber: 4.42g (17.66%), Vitamin E: 2.47mg (16.49%), Potassium: 568.53mg (16.24%), Vitamin B6: 0.31mg (15.37%), Vitamin B12: 0.9µg (14.94%), Manganese: 0.28mg (13.85%), Zinc: 1.88mg (12.56%), Vitamin B5: 1.22mg (12.15%), Magnesium: 44.8mg (11.2%), Vitamin B1: 0.15mg (10.06%), Iron: 1.62mg (9.01%), Copper: 0.13mg (6.57%), Vitamin B3: 1.16mg (5.8%)