

Cream Cheese Squares

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"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 cans refrigerated crescent rolls
2 packages (8 ounce ea) cream cheese,
softened
1 teaspoon vanilla
1 egg, slightly beaten
3/4 cup sugar, divided
2 tablespoons ground cinnamon (more
if you prefer)

Preheat the oven to 350 degrees.

Unroll one of the cans of crescent rolls. Press into the bottom of a 13x9x2-inch greased baking pan to form a crust. Firmly press the seams together to seal.

In a bowl, beat the cream cheese, vanilla, egg and 1/2 cup of sugar with an electric mixer on medium until well blended. Spread onto the crust.

Unroll the remaining can of crescent rolls onto a large sheet of wax paper. Pat to form a 13x9-inch rectangle. Invert over the cream cheese mixture to form a top crust. Discard the wax paper.

Bake for 30 to 35 minutes or until golden brown.

In a small bowl, combine the remaining 1/4 cup of sugar and cinnamon. Sprinkle over the squares before cutting.

Per Serving (excluding unknown items): 2287 Calories; 167g Fat (64.7% calories from fat); 41g Protein; 164g Carbohydrate; 0g Dietary Fiber; 721mg Cholesterol; 1443mg Sodium. Exchanges: 6 Lean Meat; 30 Fat; 10 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2287	Vitamin B6 (mg):	.3mg
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% Calories from Fat: 64.7%
 % Calories from Carbohydrates: 28.2%
 % Calories from Protein: 7.1%
 Total Fat (g): 167g
 Saturated Fat (g): 103g
 Monounsaturated Fat (g): 48g
 Polyunsaturated Fat (g): 7g
 Cholesterol (mg): 721mg
 Carbohydrate (g): 164g
 Dietary Fiber (g): 0g
 Protein (g): 41g
 Sodium (mg): 1443mg
 Potassium (mg): 624mg
 Calcium (mg): 398mg
 Iron (mg): 7mg
 Zinc (mg): 3mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 6865IU
 Vitamin A (r.e.): 2065RE

Vitamin B12 (mcg): 2.6mcg
 Thiamin B1 (mg): .1mg
 Riboflavin B2 (mg): 1.2mg
 Folacin (mcg): 85mcg
 Niacin (mg): 1mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 13
 % Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 6
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 30
 Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories 2287 **Calories from Fat:** 1478

% Daily Values*

Total Fat	167g	257%
Saturated Fat	103g	517%
Cholesterol	721mg	240%
Sodium	1443mg	60%
Total Carbohydrates	164g	55%
Dietary Fiber	0g	0%
Protein	41g	
Vitamin A		137%
Vitamin C		0%
Calcium		40%
Iron		37%

* Percent Daily Values are based on a 2000 calorie diet.