

Creamy Bacon-Filled Crescents

*All-Time Favorites Volume 6
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Servings: 16

*4 slices bacon, finely chopped
1 package (8 ounce) cream cheese, softened
1/2 cup freshly grated Parmesan cheese
2 to 4 (1/4 cup) green onions, thinly sliced
1 tablespoon milk
2 packages (8 ounce ea) refrigerated crescent rolls (8 rolls each)
1 egg
1 tablespoon water
1 to 2 tablespoons poppy seeds
fresh chives (optional)*

Preparation Time: 25 minutes

Bake: 12 minutes

Preheat the oven to 375 degrees.

In a skillet, cook the bacon until crisp. Drain.

Line an extra-large baking sheet with parchment paper. Set aside.

In a medium bowl, stir together the bacon, cream cheese, Parmesan cheese, green onions and milk until nearly smooth. Set aside.

Unroll and separate the crescent rolls into sixteen triangles. Spread each triangle with some of the cream cheese filling. Roll up from the wide side of the triangle. Place on the prepared baking sheet.

In a small bowl, beat the egg with the water until combined. Brush the crescents with the egg wash. Sprinkle with poppy seeds.

Bake for 12 minutes or until puffed and light golden brown.

If desired, garnish with chives. Serve warm.

To Make Ahead: Prepare as directed through step 2. Cover and chill on the prepared baking sheet for up to five hours. Continue as directed.

(Or freeze in a single layer until firm. Place in a resealable plastic freezer bag. Freeze up to one month. To bake, preheat the oven to 375 degrees. Line a baking sheet with parchment paper. Arrange the frozen filled crescents in a single layer on the prepared baking sheet. Bake for 14 to 16 minutes or until golden and heated through.)

Per Serving (excluding unknown items): 68 Calories; 6g Fat (83.5% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 73mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|-----------------------------|-------|
| Calories (kcal): | 68 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 83.5% | Vitamin B12 (mcg): | .1mcg |
| % Calories from Carbohydrates: | 4.2% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 12.3% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 6g | Folacin (mcg): | 5mcg |
| Saturated Fat (g): | 4g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 2g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 31mg | % Refuse: | n n% |
| Carbohydrate (g): | 1g | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | 2g | Lean Meat: | 1/2 |
| Sodium (mg): | 73mg | Vegetable: | 0 |
| Potassium (mg): | 40mg | Fruit: | 0 |
| Calcium (mg): | 24mg | Non-Fat Milk: | 0 |
| Iron (mg): | trace | Fat: | 1 |
| Zinc (mg): | trace | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 1mg | | |
| Vitamin A (i.u.): | 231IU | | |
| Vitamin A (r.e.): | 68RE | | |

Nutrition Facts

Servings per Recipe: 16

| | |
|-------------------------------|-----------------------|
| Amount Per Serving | |
| Calories 68 | Calories from Fat: 57 |
| % Daily Values* | |
| Total Fat 6g | 10% |
| Saturated Fat 4g | 18% |
| Cholesterol 31mg | 10% |
| Sodium 73mg | 3% |
| Total Carbohydrates 1g | 0% |
| Dietary Fiber trace | 0% |
| Protein 2g | |
| Vitamin A | 5% |
| Vitamin C | 1% |
| Calcium | 2% |
| Iron | 2% |

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