

Vegetable Squares

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1 package (8 count) crescent rolls
1 package (8 ounce) cream cheese
1 package Ranch dressing
1 cup mayonnaise or salad dressing
Raw vegetables (broccoli, cauliflower, carrots, bell pepper), cut in small pieces
bacon bits
cheese, finely shredded

Preheat the oven as directed on the crescent roll package. Spray a cookie sheet with non-stick cooking spray.

Unroll the crescent dough to a rectangle and place on the cookie sheet. Pinch together the seams and roll out the dough with a rolling pin to cover the cookie sheet. Pinch together any holes in the dough.

Bake according to package directions. Place the pan on a cooling rack and allow to cool.

In a bowl, mix together the cream cheese, Ranch dressing and mayonnaise. Spread onto the entire crescent rectangle. Cut into bite-size pieces, leaving the crescent rectangle in place on the cookie sheet.

Top with vegetables, bacon bits and cheese mixture.

Per Serving (excluding unknown items): 920 Calories; 87g Fat (84.2% calories from fat); 20g Protein; 17g Carbohydrate; 0g Dietary Fiber; 255mg Cholesterol; 906mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 16 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	920	Vitamin B6 (mg):	.1mg
% Calories from Fat:	84.2%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	7.4%	Thiamin B1 (mg):	trace

% Calories from Protein: 8.4%
 Total Fat (g): 87g
 Saturated Fat (g): 52g
 Monounsaturated Fat (g): 23g
 Polyunsaturated Fat (g): 3g
 Cholesterol (mg): 255mg
 Carbohydrate (g): 17g
 Dietary Fiber (g): 0g
 Protein (g): 20g
 Sodium (mg): 906mg
 Potassium (mg): 277mg
 Calcium (mg): 185mg
 Iron (mg): 3mg
 Zinc (mg): 1mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 3311IU
 Vitamin A (r.e.): 997 1/2RE

Riboflavin B2 (mg): .4mg
 Folic Acid (mcg): 31mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: n n%

Food Exchanges

Grain (Starch): 1/2
 Lean Meat: 2 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 16
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 920 Calories from Fat: 774

% Daily Values*

Total Fat	87g	134%
Saturated Fat	52g	262%
Cholesterol	255mg	85%
Sodium	906mg	38%
Total Carbohydrates	17g	6%
Dietary Fiber	0g	0%
Protein	20g	
Vitamin A		66%
Vitamin C		0%
Calcium		19%
Iron		15%

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