

# Cheesy Bacon Crescent Roll Ups

Yield: 16 min  
Total Time: 27 min

Recipe from: <https://www.recipeschoose.com/recipes/croissant-swiss-cheese-quiche-recipe>

## Ingredients:

- 1 can crescent rolls
- 1 cup spinach chopped
- 4 strips bacon crumbled
- 3 ounces cream cheese softened
- 1 cup shredded cheese
- 1/2 cup honey mustard store bought

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Protein: 3 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 210 milligrams

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