



BBQ Chicken Crescents

READY IN



30 min.

SERVINGS



8

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 1 eggs beaten
- ☐ 8 ounce crescent dinner rolls refrigerated pillsbury® canned
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 1 cup meat from a rotisserie chicken shredded cooked

Equipment

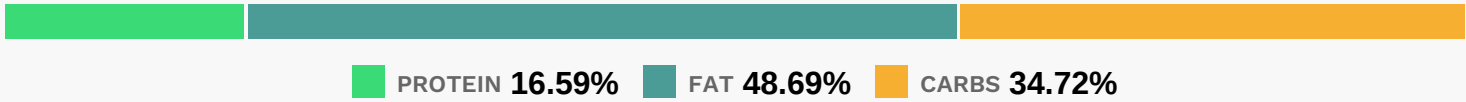
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Separate dough into 8 triangles.
- ☐ In bowl, mix chicken and barbecue sauce. Spoon chicken mixture onto short end of each triangle; sprinkle each with 1 teaspoon of the cheese.
- ☐ Roll up loosely as directed on can.
- ☐ Place on ungreased cookie sheet.
- ☐ Brush with egg; sprinkle with remaining cheese.
- ☐ Bake at 375 degrees F 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.7578261065418%

Nutrients (% of daily need)

Calories: 170.9kcal (8.54%), Fat: 9.44g (14.52%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 15.06g (5.48%), Sugar: 5.84g (6.49%), Cholesterol: 38.29mg (12.76%), Sodium: 366.33mg (15.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Selenium: 7.44µg (10.63%), Vitamin B3: 1.44mg (7.2%), Phosphorus: 67.84mg (6.78%), Vitamin B6: 0.09mg (4.55%), Vitamin B2: 0.08mg (4.51%), Calcium: 41.42mg (4.14%), Iron: 0.73mg (4.06%), Zinc: 0.52mg (3.5%), Vitamin B5: 0.29mg (2.89%), Vitamin B12: 0.15µg (2.49%), Vitamin A: 104.07IU (2.08%), Potassium: 72.03mg (2.06%), Magnesium: 6.77mg (1.69%), Folate: 4.63µg (1.16%), Vitamin B1: 0.02mg (1.1%), Vitamin E: 0.16mg (1.1%), Copper: 0.02mg (1.1%)