



Bok Bok Popovers

READY IN



45 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce cream cheese
- 0.3 teaspoon parsley dried
- 1 tablespoon onion minced
- 8 ounce regular crescent rolls refrigerated
- 1 tablespoon sesame seed
- 6 chicken breast halves boneless skinless cooked

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl combine the cream cheese, chicken, sesame seeds, parsley and onion.

Mix well.

Open package of crescent rolls. DO NOT divide them into triangles as you usually would! Keep every 2 triangles together, forming 4 squares. Pinch the 'seam' in the middle of each square closed and pat each one out into a larger square. Put a spoonful of the chicken mixture in the center of each square. Fold the corners up into the center, layering like flower petals so that the roll is kind of sealed. Repeat with all 4 squares.

Place popovers on a lightly greased cookie sheet and bake in the preheated oven until golden brown.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:19.598260900249%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 602.6kcal (30.13%), Fat: 37.08g (57.05%), Saturated Fat: 17.66g (110.36%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 26.23g (9.54%), Sugar: 7.91g (8.79%), Cholesterol: 165.75mg (55.25%), Sodium: 820.09mg (35.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.84g (83.68%), Vitamin B3: 17.82mg (89.12%), Selenium: 59.82µg (85.45%), Vitamin B6: 1.32mg (66.01%), Phosphorus: 429.95mg (43%), Vitamin B5: 2.74mg (27.43%), Potassium: 715.17mg (20.43%), Vitamin B2: 0.31mg (17.98%), Vitamin A: 812.67IU (16.25%), Magnesium: 56.47mg (14.12%), Zinc: 1.43mg (9.51%), Iron: 1.7mg (9.45%), Vitamin B1: 0.14mg (9.23%), Calcium: 83.62mg (8.36%), Vitamin B12: 0.46µg (7.73%), Copper: 0.14mg (6.93%), Vitamin E: 0.82mg (5.44%), Manganese: 0.08mg (4.24%), Folate: 14.31µg (3.58%), Vitamin C: 2.23mg (2.7%), Vitamin K: 1.62µg (1.55%), Vitamin D: 0.17µg

(1.13%), Fiber: 0.28g (1.12%)