



Broccoli Chicken Roli

READY IN



45 min.

SERVINGS



16

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups broccoli fresh chopped
- ☐ 2 cups chicken meat cooked chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons mustard dijon-style prepared
- ☐ 0.5 cup onion chopped
- ☐ 8 ounce crescent rolls refrigerated
- ☐ 16 servings salt and pepper to taste

☐ 1.5 cups cheddar cheese shredded

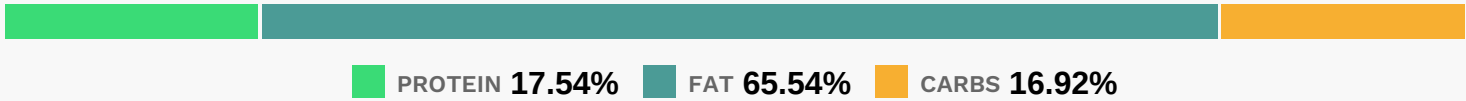
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ In a large bowl, combine the chicken, broccoli, onions, bell pepper, cheese, mayonnaise, mustard, salt, pepper and garlic.
- ☐ Mix all together.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Cover a cookie sheet with aluminum foil.
- ☐ Place a glass upside down in the center of the cookie sheet.
- ☐ Roll out crescent rolls around the base of the glass, with pointy ends away from the glass; when you're finished, the arrangement will look like the sun. Spoon some of the chicken mixture onto the thick part of each crescent roll. Fold the pointy end of each roll over the top of the mixture and tuck in the middle.
- ☐ Remove glass from cookie sheet. Arrangement of rolls will now look like a fluted tube cake.
- ☐ Bake in preheated oven for 25 to 30 minutes, or until rolls are golden brown.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:5.5352173939995%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 178.22kcal (8.91%), Fat: 13.17g (20.25%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 7.11g (2.58%), Sugar: 2.03g (2.26%), Cholesterol: 26.66mg (8.89%), Sodium: 456.6mg (19.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.85%), Vitamin K: 23.29µg (22.18%), Vitamin C: 14.09mg (17.08%), Selenium: 8.47µg (12.1%), Phosphorus: 96.02mg (9.6%), Calcium: 86.55mg (8.65%), Vitamin B3: 1.5mg (7.49%), Vitamin B6: 0.12mg (6.14%), Vitamin B2: 0.09mg (5.36%), Zinc: 0.74mg (4.95%), Vitamin A: 205.11IU (4.1%), Iron: 0.57mg (3.16%), Vitamin B5: 0.31mg (3.08%), Potassium: 104.7mg (2.99%), Folate: 11.94µg (2.99%), Vitamin B12: 0.17µg (2.86%), Manganese: 0.06mg (2.82%), Vitamin E: 0.42mg (2.8%), Magnesium: 10.91mg (2.73%), Fiber: 0.54g (2.17%), Vitamin B1: 0.03mg (2.13%), Copper: 0.03mg (1.41%)