



Buffalo Jalapeño Poppers

READY IN



30 min.

SERVINGS



16

CALORIES



877 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cheese dressing blue
- ☐ 8 chicken boneless frozen buffalo style tyson® wyngz® (from 10-oz package)
- ☐ 0.5 cup jalapeno
- ☐ 8 oz regular crescent rolls refrigerated canned

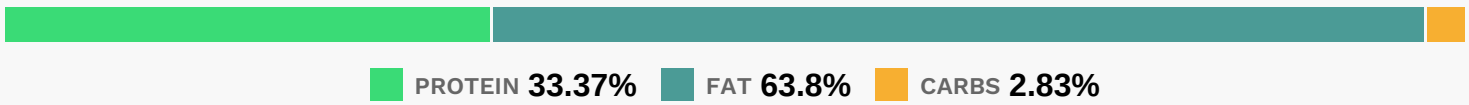
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 375F.
- ☐ Place chicken on microwavable plate; microwave uncovered on High 1 minute; cut in half.
- ☐ Separate dough into 8 triangles.
- ☐ Cut each triangle in half lengthwise to make 16 narrow triangles.
- ☐ Place on ungreased cookie sheet.
- ☐ Place chiles and chicken piece on shortest side of each triangle.
- ☐ Roll up dough, starting at shortest side, wrapping around chicken.
- ☐ Brush with dressing.
- ☐ Bake 12 to 14 minutes or until golden brown.
- ☐ Let stand 3 minutes.
- ☐ Serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:24.375652232896%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 876.9kcal (43.84%), Fat: 60.97g (93.8%), Saturated Fat: 17.89g (111.82%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 6g (2.18%), Sugar: 1.75g (1.94%), Cholesterol: 285.74mg (95.25%), Sodium: 449.86mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.76g (143.51%), Vitamin B3: 25.94mg (129.72%), Selenium: 54.98µg (78.54%), Vitamin B6: 1.35mg (67.32%), Phosphorus: 566.98mg (56.7%), Vitamin B5: 3.47mg (34.75%), Zinc: 5.01mg (33.42%), Vitamin B2: 0.47mg (27.45%), Potassium: 727.22mg (20.78%), Iron: 3.65mg (20.29%), Vitamin B12: 1.2µg (19.97%), Magnesium: 77.13mg (19.28%), Vitamin B1: 0.23mg (15.41%), Vitamin C: 9.45mg (11.46%), Vitamin A: 563.78IU (11.28%), Copper: 0.18mg (9.24%), Vitamin E: 1.26mg (8.42%), Vitamin K: 6.65µg (6.33%), Folate: 23.84µg (5.96%), Vitamin D: 0.76µg (5.08%), Calcium: 49.05mg (4.9%), Manganese: 0.08mg (3.75%)