



Cheesy Chicken and Broccoli Pockets

READY IN



40 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli florets fresh chopped
- ☐ 10.8 ounce campbell's® condensed cheddar cheese soup canned
- ☐ 1 cup meat from a rotisserie chicken cooked chopped
- ☐ 13.8 ounce pizza crust refrigerated
- ☐ 0.3 cup cheddar cheese shredded

Equipment

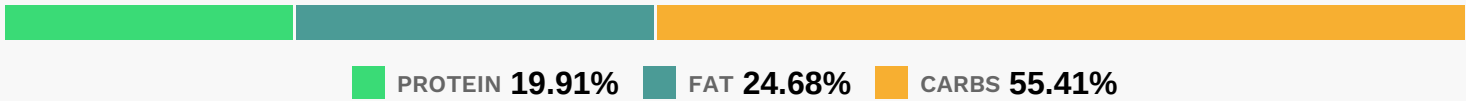
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Heat the oven to 400 degrees F. Spray a baking sheet with the cooking spray. Stir the soup, broccoli, chicken and cheese in a medium bowl.
- ☐ Unroll the crust on the work surface and cut in quarters. Spoon about 1/2 cup chicken mixture on one side of each. Fold the crust in half over the filling. Pinch the edges to seal. Using a sharp knife, cut small slits in the tops of the pockets.
- ☐ Place the filled pockets onto the baking sheet.
- ☐ Bake for 20 minutes or until the crust is golden brown.
- ☐ Let the pockets cool on the baking sheet on a wire rack for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:8.6039131167142%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 397.32kcal (19.87%), Fat: 10.91g (16.78%), Saturated Fat: 4g (24.98%), Carbohydrates: 55.09g (18.36%), Net Carbohydrates: 52.43g (19.06%), Sugar: 7.7g (8.56%), Cholesterol: 36.36mg (12.12%), Sodium: 1186.31mg (51.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.6%), Vitamin C: 20.29mg (24.6%), Vitamin K: 23.37µg (22.26%), Iron: 3.24mg (18.01%), Selenium: 11.18µg (15.97%), Vitamin B3: 2.91mg (14.54%), Potassium: 501.85mg (14.34%), Phosphorus: 114.56mg (11.46%), Vitamin A: 533.89IU (10.68%), Fiber: 2.67g (10.67%), Vitamin B6: 0.19mg (9.41%), Calcium: 89.21mg (8.92%), Vitamin B2: 0.11mg (6.42%), Zinc: 0.88mg (5.9%), Vitamin B5: 0.5mg (5%), Folate: 17.57µg (4.39%), Magnesium: 14.03mg (3.51%), Vitamin B12: 0.18µg (2.94%), Manganese: 0.05mg (2.72%), Vitamin B1: 0.04mg (2.66%), Copper: 0.03mg (1.67%), Vitamin E: 0.23mg (1.54%)