



Cheesy Chicken Pockets

READY IN



45 min.

SERVINGS



12

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 3 cups rotisserie chicken breast meat diced cooked
- ☐ 8 ounce cream cheese
- ☐ 1 eggs beaten
- ☐ 2 cloves garlic chopped
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 1 jalapeno seeded chopped
- ☐ 1 cup cheddar-monterey jack cheese blend shredded
- ☐ 1 dash pepper sauce hot
- ☐ 15 sheets phyllo dough thawed

- ☐ 0.5 onion red chopped
- ☐ 0.3 cup vegetable oil

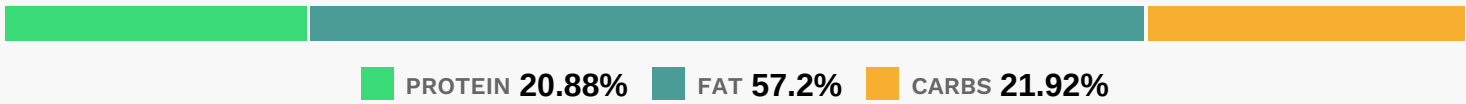
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat vegetable oil in a large skillet over medium heat.
- ☐ Cook and stir onion, jalapeno pepper, and garlic until tender, about 3 minutes. Season with salt and black pepper.
- ☐ Combine chicken, Cheddar–Monterey Jack cheese, cream cheese, hot pepper sauce, and onion mixture in a large bowl.
- ☐ Spray 5 phyllo sheets each with cooking spray. Stack these 5 phyllo sheets on top of each other and cut into 4 smaller squares.
- ☐ Spoon chicken mixture into each of the 4 squares; fold phyllo dough over and seal the edges. Repeat with remaining phyllo dough and chicken mixture until you have 12 filled pockets.
- ☐ Brush beaten egg on tops of filled phyllo pockets.
- ☐ Place filled phyllo pockets on a baking sheet.
- ☐ Bake in the preheated oven until golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:5.04, Inflammation Score:-4, Nutrition Score:8.7639130457588%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 263.6kcal (13.18%), Fat: 16.66g (25.62%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 13.76g (5%), Sugar: 1.06g (1.18%), Cholesterol: 65.11mg (21.7%), Sodium: 279.81mg (12.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.36%), Selenium: 21.75µg (31.08%), Vitamin B3: 4.93mg (24.66%), Phosphorus: 168.41mg (16.84%), Vitamin B6: 0.33mg (16.46%), Vitamin B2: 0.22mg (12.84%), Vitamin B1: 0.16mg (10.89%), Calcium: 97.66mg (9.77%), Vitamin K: 10.07µg (9.59%), Vitamin B5: 0.8mg (8.04%), Manganese: 0.15mg (7.55%), Vitamin A: 370.56IU (7.41%), Folate: 28.74µg (7.18%), Iron: 1.09mg (6.03%), Potassium: 206.89mg (5.91%), Zinc: 0.77mg (5.16%), Vitamin E: 0.73mg (4.88%), Magnesium: 18.93mg (4.73%), Vitamin B12: 0.23µg (3.79%), Vitamin C: 2.34mg (2.83%), Copper: 0.05mg (2.42%), Fiber: 0.6g (2.39%), Vitamin D: 0.17µg (1.12%)