



Cheesy Chicken Wraps

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter or as needed melted
- ☐ 8 ounce cream cheese softened
- ☐ 8 ounce crescent roll dough refrigerated
- ☐ 1.5 cups monterrey jack cheese shredded
- ☐ 8 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 pound chicken breast halves boneless skinless

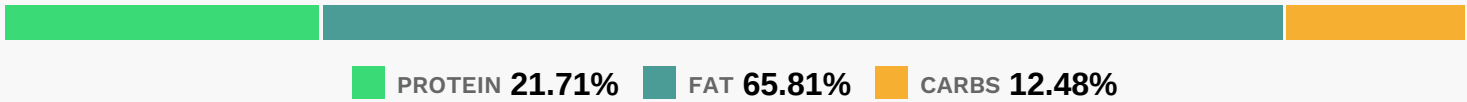
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- ☐ Place chicken breasts into a large pot and cover with salted water by several inches; bring to a boil. Reduce heat to medium and simmer until no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Remove chicken from water and cool. Shred chicken using two forks.
- ☐ Thoroughly mix Monterey Jack cheese, Cheddar cheese, cream cheese, salt, and pepper together in a bowl. Stir chicken into cheese mixture.
- ☐ Separate crescent roll dough and lay each piece flat on a work surface.
- ☐ Spread chicken-cheese mixture onto each piece of dough and roll dough into crescent roll shapes.
- ☐ Place rolls on prepared baking sheet and brush with melted butter.
- ☐ Bake in the preheated oven until cheese is melted and rolls are golden, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:10.87434781116%

Nutrients (% of daily need)

Calories: 424.84kcal (21.24%), Fat: 31.38g (48.27%), Saturated Fat: 17.16g (107.23%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 13.4g (4.87%), Sugar: 4.06g (4.51%), Cholesterol: 105.43mg (35.14%), Sodium: 813.13mg (35.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.28g (46.57%), Selenium: 27.69µg (39.55%), Phosphorus: 309.01mg (30.9%), Vitamin B3: 5.97mg (29.84%), Calcium: 289.22mg (28.92%), Vitamin B6: 0.47mg

(23.36%), Vitamin A: 789.67IU (15.79%), Vitamin B2: 0.27mg (15.77%), Zinc: 1.63mg (10.86%), Vitamin B5: 1.08mg (10.76%), Vitamin B12: 0.51µg (8.45%), Potassium: 276.13mg (7.89%), Magnesium: 26.9mg (6.73%), Iron: 0.78mg (4.31%), Vitamin E: 0.59mg (3.96%), Vitamin B1: 0.05mg (3.35%), Folate: 11.7µg (2.93%), Vitamin D: 0.27µg (1.79%), Vitamin K: 1.82µg (1.74%), Copper: 0.03mg (1.6%)