



Chicken Alouette

READY IN



30 min.

SERVINGS



6

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce garlic-and-spice-flavored alouette cheese
- 6 skinned and boned chicken breast halves
- 1 large eggs
- 0.1 teaspoon pepper
- 17.3 ounce puff pastry sheets frozen thawed
- 0.5 teaspoon salt
- 1 tablespoon water

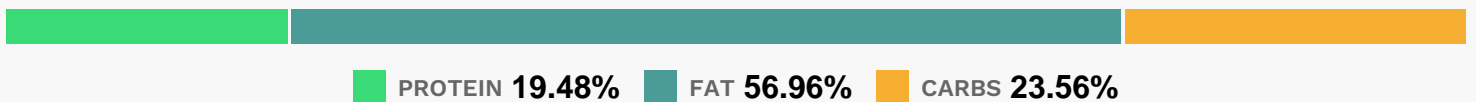
Equipment

- baking sheet
- oven
- knife
- whisk

Directions

- Unfold pastry sheets, and roll each sheet into a 14- x 12-inch rectangle on a lightly floured surface.
- Cut 1 sheet into 4 (7- x 6-inch) rectangles; cut second sheet into 2 (7- x 6-inch) rectangles and 1 (14- x 6-inch) rectangle. Set large rectangle aside. Shape each small rectangle into an oval by trimming off corners.
- Spread pastry ovals evenly with cheese, leaving a 1/2-inch border around edge.
- Sprinkle chicken with salt and pepper, and place in center of each pastry oval. Lightly moisten pastry edges with water. Fold ends over chicken; fold sides over, pressing to seal.
- Place each bundle, seam side down, on a lightly greased baking sheet.
- Whisk together egg and 1 tablespoon water; brush mixture over chicken bundles.
- Cut designs from reserved pastry sheet, using a small leaf cutter and a small flower cutter. Score leaves with a paring knife, if desired. Use a wooden pick to make a small hole in center of flowers.
- Cut 6 narrow strips for stems. Dip cutouts in egg mixture, and arrange in a decorative pattern over chicken bundles. Cover and chill up to 24 hours, or bake immediately.
- Bake at 400 on lower oven rack 25 minutes or until golden brown.
- * 1/2 cup chives-and-onion-flavored cream cheese may be substituted for Alouette cheese.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:19.91, Inflammation Score:-4, Nutrition Score:18.599130132924%

Nutrients (% of daily need)

Calories: 655.67kcal (32.78%), Fat: 41.35g (63.61%), Saturated Fat: 12.46g (77.88%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 37.26g (13.55%), Sugar: 0.63g (0.7%), Cholesterol: 123.86mg (41.29%), Sodium: 642.5mg (27.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.82g (63.63%), Selenium: 58.45µg (83.49%), Vitamin B3: 15.19mg (75.95%), Vitamin B6: 0.88mg (43.89%), Phosphorus: 302.77mg (30.28%), Vitamin B1: 0.4mg (26.67%), Vitamin B2: 0.38mg (22.46%), Manganese: 0.42mg (21.14%), Folate: 72.02µg (18%), Vitamin B5: 1.74mg (17.39%), Iron: 2.66mg (14.76%), Potassium: 479.91mg (13.71%), Vitamin K: 13.44µg (12.8%), Magnesium: 43.52mg (10.88%), Zinc: 1.2mg (7.97%), Copper: 0.13mg (6.53%), Vitamin B12: 0.3µg (5%), Vitamin E: 0.74mg (4.95%), Fiber: 1.23g (4.93%), Calcium: 18.85mg (1.88%), Vitamin D: 0.28µg (1.86%), Vitamin C: 1.36mg (1.64%), Vitamin A: 79.94IU (1.6%)