



Chicken and Blue Cheese Bundles

READY IN



50 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 oz cheese blue crumbled
- ☐ 1 tablespoon butter
- ☐ 0.3 cup wine dry white
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 1 cup mushrooms fresh chopped
- ☐ 0.5 cup onion chopped
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® canned
- ☐ 1.8 cups rotisserie chicken cut skinless chopped ()
- ☐ 0.3 teaspoon thyme leaves dried

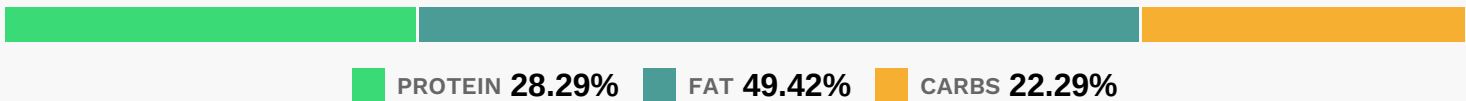
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. In 10-inch nonstick skillet, melt butter over medium heat.
- ☐ Add onion; cook 5 minutes, stirring occasionally.
- ☐ Add mushrooms; cook, stirring occasionally, until onions and mushrooms are tender.
- ☐ Reduce heat to medium-low.
- ☐ Add wine, rosemary and thyme; cook 4 to 5 minutes, stirring occasionally, until liquid has evaporated.
- ☐ Remove from heat. Stir in chicken and blue cheese.
- ☐ Separate dough into 4 rectangles; press or roll each into 5-inch square, firmly pressing perforations to seal. Spoon about 1/2 cup chicken mixture onto center of each dough square. Bring all 4 corners of dough up over chicken mixture; pinch seams to seal.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 11 to 14 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:3.2369565549104%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin:

1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 464.83kcal (23.24%), Fat: 25.6g (39.39%), Saturated Fat: 9.28g (58%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 25.37g (9.23%), Sugar: 7.19g (7.99%), Cholesterol: 104.68mg (34.89%), Sodium: 921.53mg (40.07%), Alcohol: 1.54g (100%), Alcohol %: 0.85% (100%), Protein: 32.98g (65.95%), Vitamin B2: 0.13mg (7.83%), Phosphorus: 57.51mg (5.75%), Iron: 0.96mg (5.36%), Vitamin B5: 0.52mg (5.17%), Vitamin B3: 0.98mg (4.91%), Selenium: 3.38µg (4.82%), Calcium: 45.81mg (4.58%), Copper: 0.09mg (4.42%), Potassium: 136.66mg (3.9%), Vitamin A: 186IU (3.72%), Vitamin B6: 0.07mg (3.46%), Manganese: 0.06mg (2.88%), Folate: 10.71µg (2.68%), Vitamin C: 2.2mg (2.67%), Zinc: 0.37mg (2.45%), Fiber: 0.6g (2.41%), Vitamin B1: 0.03mg (2.13%), Magnesium: 7.62mg (1.91%), Vitamin B12: 0.1µg (1.66%)