



Chicken and Broccoli in Phyllo

READY IN



45 min.

SERVINGS



2

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup broccoli fresh chopped
- 0.7 cup chicken breast diced cooked (skinned before cooking and without salt)
- 1.5 tablespoons process cream cheese product light softened
- 2 teaspoons juice of lemon
- 1 ounce cheddar cheese shredded reduced-fat
- 2 tablespoons no-salt-added chicken broth undiluted canned
- 0.3 teaspoon pepper
- 2 sheets phyllo pastry frozen thawed
- 0.1 teaspoon salt

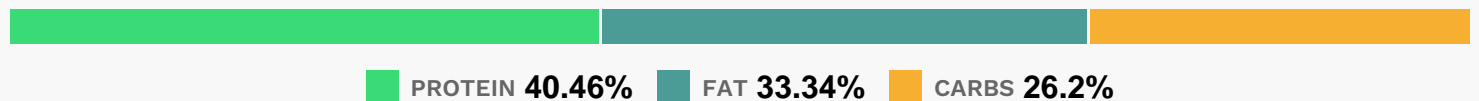
Equipment

- bowl
- baking sheet
- oven

Directions

- Arrange broccoli in a vegetable steamer over boiling water. Cover and steam 3 minutes or until crisp-tender. Set aside.
- Combine chicken, Cheddar cheese, and cream cheese in a small bowl, stirring well.
- Add broccoli, chicken broth, and next 3 ingredients; stir well.
- Place 1 sheet of phyllo on a damp towel (keeping remaining phyllo covered). Lightly coat phyllo with cooking spray; fold phyllo in half crosswise, bringing short ends together. Lightly coat with cooking spray. Spoon half of chicken mixture onto narrow end of phyllo; fold over lengthwise edges of phyllo to partially enclose filling. Fold narrow end of phyllo over mixture, and roll up, jellyroll fashion. Repeat procedure with remaining phyllo and chicken mixture.
- Place phyllo packets, seam side down, on a baking sheet coated with cooking spray. Lightly coat tops of packets with cooking spray.
- Bake at 350 for 20 to 25 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:4.28, Inflammation Score:-5, Nutrition Score:12.944347823444%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 211.74kcal (10.59%), Fat: 7.77g (11.96%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 12.44g (4.53%), Sugar: 1.22g (1.36%), Cholesterol: 53.63mg (17.88%), Sodium: 408.03mg (17.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Vitamin B3: 7.61mg (38.07%), Vitamin C: 31.37mg (38.03%), Vitamin K: 35µg (33.33%), Selenium: 21.14µg (30.2%), Phosphorus: 227.97mg (22.8%), Vitamin B6: 0.36mg (18.02%), Vitamin B2: 0.22mg (12.86%), Vitamin B1: 0.16mg (10.97%), Folate: 42.96µg (10.74%), Manganese: 0.2mg (10.13%), Calcium: 96.07mg (9.61%), Iron: 1.47mg (8.16%), Potassium: 282.92mg (8.08%), Vitamin B5: 0.79mg (7.95%), Vitamin A: 392.45IU (7.85%), Magnesium: 27.44mg (6.86%), Zinc: 1.03mg (6.86%), Fiber: 1.3g (5.19%), Vitamin B12: 0.27µg (4.45%), Copper: 0.08mg (3.75%), Vitamin E: 0.51mg (3.4%)