



## Chicken Broccoli Butterflies

READY IN



40 min.

SERVINGS



5

CALORIES



415 kcal

SIDE DISH

### Ingredients

- ☐ 10.2 oz biscuits refrigerated canned
- ☐ 0.5 cup roasted chicken diced cooked
- ☐ 10 oz nacho cheese dip frozen
- ☐ 15 pretzel twists mini (not )
- ☐ 0.3 teaspoon mustard yellow

### Equipment

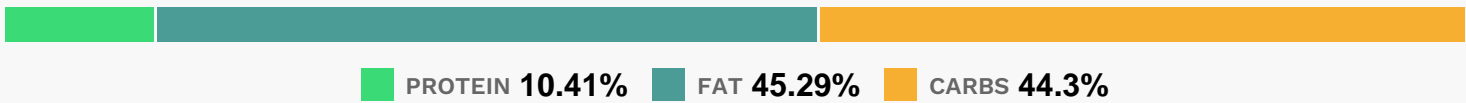
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 375F. Lightly spray cookie sheet with cooking spray.
- ☐ Cook broccoli & cheese sauce as directed on box.
- ☐ Pour into medium bowl; cut up large pieces of broccoli. Stir in chicken.
- ☐ Separate dough into 5 biscuits. Press or roll each to form 5 1/2-inch round. Spoon about 1/3 cup broccoli mixture onto center of each round; fold dough over filling, pinching edge and ends of dough well to seal.
- ☐ Place rolls on cookie sheet, seam side down.
- ☐ Place 1 pretzel on cookie sheet under each side of dough rolls for wings. Break pretzels to make antennae; press under top of each roll.
- ☐ Bake 12 to 16 minutes or until golden brown. Cool 5 minutes. Use mustard to make eyes and smiles on each butterfly.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:29.25, Inflammation Score:-4, Nutrition Score:9.5956520813963%

Nutrients (% of daily need)

Calories: 414.87kcal (20.74%), Fat: 21.16g (32.55%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 46.56g (15.52%), Net Carbohydrates: 45.19g (16.43%), Sugar: 4.68g (5.2%), Cholesterol: 16.18mg (5.39%), Sodium: 1246.74mg (54.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.88%), Phosphorus: 298.87mg (29.89%), Vitamin B1: 0.33mg (22.16%), Selenium: 15.19µg (21.71%), Vitamin B3: 3.99mg (19.96%), Manganese: 0.4mg (19.9%), Folate: 73.78µg (18.45%), Iron: 2.91mg (16.15%), Vitamin B2: 0.25mg (14.67%), Calcium: 75.52mg (7.55%), Vitamin A: 310.98IU (6.22%), Potassium: 202.12mg (5.77%), Vitamin E: 0.85mg (5.66%), Fiber: 1.37g (5.5%), Vitamin B6: 0.1mg (4.9%), Magnesium: 18.11mg (4.53%), Zinc: 0.68mg (4.53%), Copper: 0.08mg (4.21%), Vitamin B5: 0.37mg (3.71%), Vitamin K: 2.88µg (2.74%), Vitamin B12: 0.12µg (2.03%)