



WHATSheATE



Chicken & Cheddar Purses

READY IN



45 min.

SERVINGS



6

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup celery thinly sliced
- ☐ 1.3 cup roasted chicken diced cooked
- ☐ 3 oz cream cheese softened
- ☐ 1 eggs
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 cup spring onion sliced
- ☐ 3 tablespoons mayonnaise
- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon pimientos chopped

- ☐ 17.3 oz puff pastry frozen thawed
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 tablespoon water

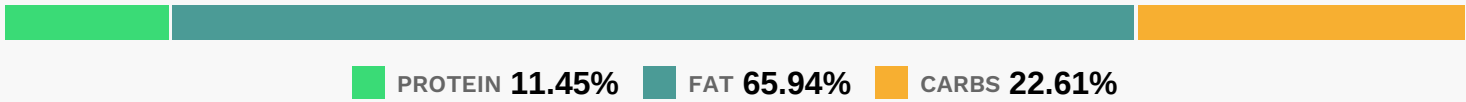
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Mix together all ingredients except pastry, egg and water; set aside.
- ☐ Unfold thawed pastry on a lightly floured surface.
- ☐ Roll each sheet into a 12"x12" square.
- ☐ Cut six, 6"x6" squares, reserving remaining pastry for another use.
- ☐ Spoon 1/3 cup chicken mixture onto center of each square. Bring 4 corners of pastry to center; twist slightly and press edges to seal, forming a bundle shape. Arrange bundles on an ungreased baking sheet.
- ☐ Whisk together egg and water; brush over bundles.
- ☐ Bake at 400 degrees for 15 to 25 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:20.44, Inflammation Score:-6, Nutrition Score:14.872174050497%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 686.37kcal (34.32%), Fat: 50.32g (77.41%), Saturated Fat: 15.94g (99.64%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 37.34g (13.58%), Sugar: 1.5g (1.67%), Cholesterol: 85.24mg (28.41%), Sodium: 646.33mg (28.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.31%), Selenium: 35.97µg (51.38%), Vitamin K: 35.52µg (33.83%), Vitamin B3: 5.79mg (28.94%), Vitamin B2: 0.43mg (25.43%), Vitamin B1: 0.36mg (23.97%), Phosphorus: 225.6mg (22.56%), Manganese: 0.43mg (21.45%), Folate: 78.61µg (19.65%), Calcium: 168.48mg (16.85%), Iron: 2.76mg (15.34%), Zinc: 1.77mg (11.82%), Vitamin A: 563.04IU (11.26%), Vitamin B6: 0.18mg (9.15%), Vitamin E: 1.07mg (7.11%), Magnesium: 28.09mg (7.02%), Copper: 0.13mg (6.64%), Vitamin B12: 0.39µg (6.48%), Fiber: 1.47g (5.88%), Vitamin B5: 0.58mg (5.81%), Potassium: 189.25mg (5.41%), Vitamin C: 3.51mg (4.26%), Vitamin D: 0.27µg (1.82%)