



## Chicken Crescent Casserole

 Popular

READY IN



80 min.

SERVINGS



4

CALORIES



761 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 16 ounce crescent roll dough divided
- 4 servings salt and ground pepper black to taste
- 1 cup milk
- 1 cup cheddar cheese shredded
- 3 chicken breast halves boneless skinless

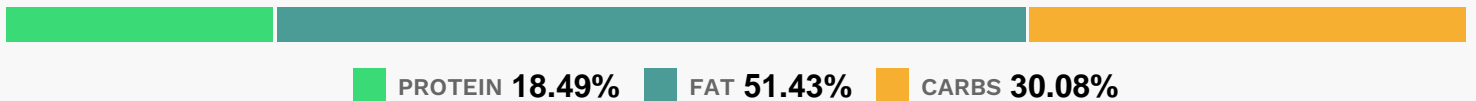
### Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Season chicken breasts with salt and pepper.
- Heat a large skillet over medium heat; pan-fry chicken until no longer pink in the center, about 10 minutes per side. Shred chicken.
- Spread chicken over crescent roll triangles.
- Roll triangles, starting with the wider end, around chicken. Arrange rolls on prepared baking dish with the seam sides down.
- Place rolls into prepared baking dish.
- Mix cream of mushroom soup, cream of chicken soup, milk, and Cheddar cheese in a bowl; pour mixture over crescent rolls.
- Bake in preheated oven until bubbly and rolls are golden brown, about 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:3.63, Inflammation Score:-5, Nutrition Score:17.413913190365%

## Nutrients (% of daily need)

Calories: 760.67kcal (38.03%), Fat: 44.36g (68.25%), Saturated Fat: 19.45g (121.58%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 58.2g (21.16%), Sugar: 14.78g (16.42%), Cholesterol: 99.71mg (33.24%), Sodium: 2271.47mg (98.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.87g (71.75%), Selenium: 37.73µg (53.89%), Vitamin B3: 9.9mg (49.52%), Phosphorus: 414.84mg (41.48%), Vitamin B6: 0.72mg (36.11%), Calcium: 293.15mg (29.32%), Vitamin B2: 0.37mg (22.03%), Zinc: 2.84mg (18.92%), Vitamin B5: 1.84mg (18.44%), Iron: 3.14mg (17.43%), Potassium: 561.49mg (16.04%), Manganese: 0.31mg (15.56%), Vitamin B12: 0.92µg (15.34%), Copper: 0.28mg (14.2%), Magnesium: 45.53mg (11.38%), Vitamin A: 546.52IU (10.93%), Vitamin B1: 0.12mg (8.12%), Vitamin D: 0.93µg (6.17%), Vitamin E: 0.82mg (5.44%), Vitamin K: 4.32µg (4.11%), Folate: 16.2µg (4.05%), Vitamin C: 1.09mg

(1.33%)