



Chicken Crescent Pot Stickers

 Dairy Free

READY IN



55 min.

SERVINGS



16

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons barbecue sauce thick
- ☐ 0.3 cup carrots shredded
- ☐ 16 oz regular crescent rolls refrigerated pillsbury® canned
- ☐ 1 eggs beaten
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 teaspoons garlic finely chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 0.3 cup hoisin sauce

- ☐ 2 teaspoons sesame oil
- ☐ 2 tablespoons sesame seed
- ☐ 2 cups chicken shredded cooked

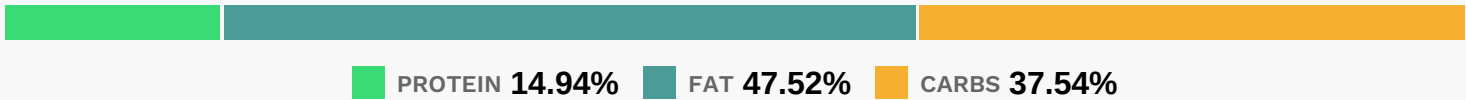
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Grease or spray large cookie sheet. In medium bowl, mix chicken, carrots and onions. Stir in hoisin sauce, barbecue sauce, gingerroot, sesame oil and garlic.
- ☐ Unroll dough from both cans on work surface, but do not separate. Firmly press perforations to seal.
- ☐ Roll or press each into 12x8-inch rectangle.
- ☐ Cut each rectangle into 8 squares. Spoon about 2 tablespoons chicken mixture in center of each square. Bring edges up, pinching together and twisting to form bundle.
- ☐ Place on cookie sheet.
- ☐ Brush with beaten egg.
- ☐ Sprinkle with sesame seed.
- ☐ Bake 14 to 18 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.93, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:3.0634782547536%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 161.13kcal (8.06%), Fat: 8.73g (13.44%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 15.11g (5.49%), Sugar: 5.28g (5.87%), Cholesterol: 23.53mg (7.84%), Sodium: 356.78mg (15.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Selenium: 5.69µg (8.13%), Vitamin B3: 1.54mg (7.7%), Vitamin A: 377.09IU (7.54%), Phosphorus: 49.95mg (5%), Vitamin B6: 0.1mg (4.93%), Iron: 0.87mg (4.85%), Vitamin K: 3.65µg (3.48%), Vitamin B2: 0.06mg (3.38%), Copper: 0.07mg (3.3%), Manganese: 0.06mg (2.91%), Zinc: 0.42mg (2.79%), Magnesium: 10.01mg (2.5%), Vitamin B5: 0.23mg (2.3%), Potassium: 74.47mg (2.13%), Calcium: 18.48mg (1.85%), Fiber: 0.41g (1.65%), Vitamin B1: 0.02mg (1.58%), Folate: 5.94µg (1.48%), Vitamin B12: 0.08µg (1.25%)