



## Chicken Salad Crescent Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

### Ingredients

- 1 cup chicken your favorite
- 2 tablespoons poppy seeds
- 8 oz regular crescent rolls refrigerated canned

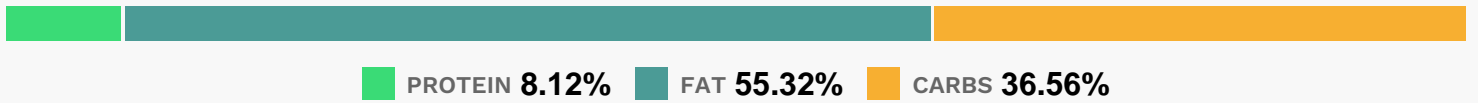
### Equipment

- baking sheet
- oven

### Directions

- Unroll 1 (8-oz.) can refrigerated crescent rolls; separate each dough portion along center and diagonal perforations, forming 8 triangles. Spoon 2 Tbsp. of your favorite chicken salad on the wide end of each triangle. Starting at the wide end of each triangle, roll dough over chicken salad, pinching edges to seal.
- Place rolls, seam sides down, on a lightly greased baking sheet.
- Sprinkle tops of rolls evenly with 2 Tbsp. poppy seeds. (Seeds will stick to rolls without a binder; you don't need to brush with egg.)
- Bake at 375 for 10 to 12 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.5847826149801%

## Nutrients (% of daily need)

Calories: 125.61kcal (6.28%), Fat: 8.05g (12.39%), Saturated Fat: 2.95g (18.41%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 11.53g (4.19%), Sugar: 2.9g (3.22%), Cholesterol: 5.09mg (1.7%), Sodium: 227.87mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Manganese: 0.15mg (7.61%), Iron: 0.64mg (3.54%), Calcium: 33.1mg (3.31%), Phosphorus: 29.54mg (2.95%), Vitamin B3: 0.48mg (2.41%), Magnesium: 9.16mg (2.29%), Copper: 0.04mg (1.99%), Selenium: 1.28µg (1.83%), Zinc: 0.27mg (1.78%), Fiber: 0.44g (1.75%), Vitamin B1: 0.02mg (1.55%), Vitamin B6: 0.03mg (1.46%)