



WHATSheATE



Chicken Taco Crescent Pizza

READY IN



70 min.

SERVINGS



20

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups chicken breast strips/pre-cooked/chopped diced frozen thawed (from 9-oz package)
- ☐ 0.5 package cream cheese softened (8-oz size)
- ☐ 0.8 cup guacamole refrigerated (from 12-oz container)
- ☐ 16 oz regular crescent rolls refrigerated canned
- ☐ 0.3 cup roma tomatoes chopped (plum)
- ☐ 1 cup the of 1 cos lettuce shredded
- ☐ 0.5 cup salsa old el paso®
- ☐ 2 oz cheddar cheese shredded finely
- ☐ 0.3 cup cream sour

☐ 2 teaspoons taco seasoning old el paso®

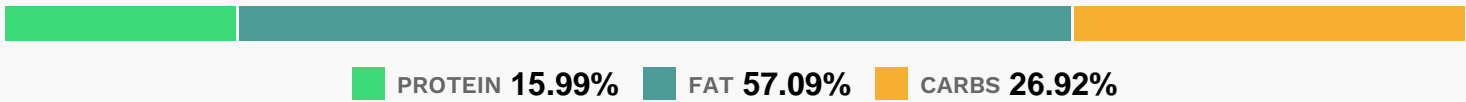
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ pizza pan
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Heat oven to 375°F. Spray 12-inch pizza pan with cooking spray.
- ☐ Remove dough from 1 can, keeping dough in 1 piece (do not unroll). Gently shape dough in one direction (so dough won't unroll) into 12-inch log with palms of hands.
- ☐ Cut log into 20 slices with serrated knife. Repeat with second can of dough.
- ☐ Arrange 2 slices side by side on center of pan, pressing together to flatten inside edges and form a circle.
- ☐ Place 7 slices in ring around center slices; press together gently. Arrange 12 slices in another ring; press together gently. Arrange 19 slices in third ring, overlapping edges slightly; press together gently.
- ☐ Bake 13 to 18 minutes or until edge is golden brown. Gently loosen crust from pan. Cool on pan 5 minutes. Gently remove from pan to cooling rack. Cool 15 minutes.
- ☐ In medium bowl, beat cream cheese, sour cream and seasoning mix with electric mixer on low speed until smooth.
- ☐ Place crust on serving platter; spread with cream cheese mixture. Arrange guacamole, salsa, chicken, tomatoes, lettuce and cheese on cream cheese mixture to look like ornament.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:3.6934782454501%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 159.25kcal (7.96%), Fat: 10.43g (16.05%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 10.23g (3.72%), Sugar: 3.04g (3.38%), Cholesterol: 22.7mg (7.57%), Sodium: 270.3mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.15%), Vitamin B3: 2.19mg (10.95%), Vitamin A: 406.25IU (8.13%), Selenium: 5.4µg (7.71%), Vitamin B6: 0.13mg (6.52%), Phosphorus: 62.23mg (6.22%), Vitamin K: 5.17µg (4.92%), Vitamin B2: 0.06mg (3.78%), Potassium: 125.32mg (3.58%), Calcium: 35.51mg (3.55%), Vitamin B5: 0.34mg (3.41%), Folate: 13.39µg (3.35%), Fiber: 0.83g (3.33%), Iron: 0.56mg (3.08%), Vitamin E: 0.41mg (2.76%), Magnesium: 10.07mg (2.52%), Zinc: 0.37mg (2.46%), Vitamin C: 1.6mg (1.94%), Copper: 0.03mg (1.72%), Vitamin B12: 0.1µg (1.64%), Vitamin B1: 0.02mg (1.6%), Manganese: 0.03mg (1.57%)