



Chicken Wellington Casserole

READY IN



45 min.

SERVINGS



2

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons butter
- 3 ounce cream cheese softened
- 0.5 cup mushrooms fresh sliced
- 1 tablespoon green onion chopped
- 1 pinch ground pepper black
- 4 ounce crescent rolls refrigerated
- 0.1 teaspoon salt
- 2 chicken breast halves boneless skinless

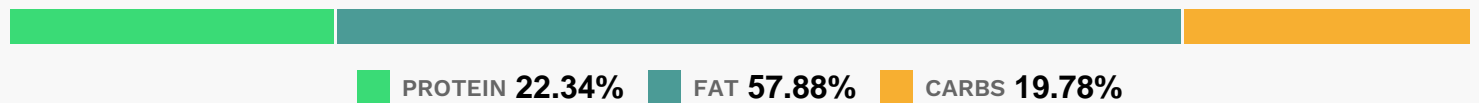
Equipment

- bowl
- frying pan
- oven
- kitchen thermometer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Melt butter in a skillet over medium heat. Cook and stir chicken until no longer pink in the center and the juices run clear, about 3 to 4 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Set aside to cool until cool enough to handle; cut into chunks.
- Mix chicken, cream cheese, mushrooms, green onion, salt, and black pepper together in a bowl.
- Unroll crescent roll dough.
- Place a portion of the chicken mixture onto the center of each piece of dough and fold the three corners up, forming a pocket. Pinch edges to seal.
- Bake in preheated oven until golden brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:14.828695608222%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 518.32kcal (25.92%), Fat: 33.89g (52.14%), Saturated Fat: 16.92g (105.73%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 25.73g (9.36%), Sugar: 7.82g (8.69%), Cholesterol: 126.02mg (42.01%), Sodium:

888.88mg (38.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.43g (58.87%), Vitamin B3: 12.71mg (63.55%), Selenium: 42.12µg (60.17%), Vitamin B6: 0.9mg (44.86%), Phosphorus: 305.83mg (30.58%), Vitamin B5: 2.22mg (22.2%), Vitamin B2: 0.31mg (18.32%), Potassium: 560.73mg (16.02%), Vitamin A: 760.13IU (15.2%), Magnesium: 36.16mg (9.04%), Iron: 1.35mg (7.5%), Vitamin K: 7.76µg (7.39%), Vitamin B1: 0.1mg (6.9%), Zinc: 1.01mg (6.73%), Copper: 0.12mg (5.89%), Vitamin B12: 0.34µg (5.63%), Calcium: 51.29mg (5.13%), Vitamin E: 0.72mg (4.77%), Folate: 14.51µg (3.63%), Vitamin C: 2.42mg (2.94%), Manganese: 0.04mg (2.22%), Fiber: 0.33g (1.32%), Vitamin D: 0.16µg (1.07%)