

Creamy Chicken Crescents

READY IN



30 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup cream of chicken soup undiluted
- 0.5 cup milk
- 8 ounces regular crescent rolls refrigerated
- 0.5 cup cheddar cheese shredded divided
- 1 cup chicken shredded cooked

Equipment

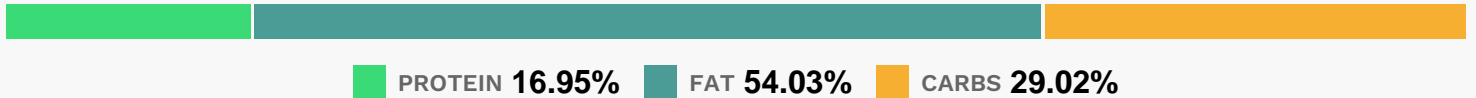
- bowl
- baking sheet

- sauce pan
- oven
- microwave

Directions

- Separate crescent dough into eight triangles.
- Combine the chicken and 2 tablespoons cheese; place about 2 tablespoonfuls on the wide end of each triangle.
- Roll up and place on an ungreased baking sheet.
- Bake at 375° for 18–20 minutes or until golden brown.
- Meanwhile, in a saucepan or microwave–safe bowl, combine soup, milk and remaining cheese. Cook until heated through and cheese is melted.
- Serve over crescents.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.93, Inflammation Score:-2, Nutrition Score:6.4482608484509%

Nutrients (% of daily need)

Calories: 370.63kcal (18.53%), Fat: 22.71g (34.94%), Saturated Fat: 9.73g (60.8%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 27.46g (9.98%), Sugar: 7.41g (8.23%), Cholesterol: 47.4mg (15.8%), Sodium: 870.15mg (37.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.06%), Selenium: 13.98µg (19.98%), Phosphorus: 175.72mg (17.57%), Vitamin B3: 2.96mg (14.81%), Calcium: 147.46mg (14.75%), Vitamin B2: 0.18mg (10.3%), Iron: 1.61mg (8.92%), Zinc: 1.3mg (8.65%), Vitamin B6: 0.17mg (8.59%), Vitamin B12: 0.42µg (6.93%), Vitamin B5: 0.59mg (5.93%), Vitamin A: 281.73IU (5.63%), Potassium: 157.36mg (4.5%), Magnesium: 16.5mg (4.13%), Copper: 0.08mg (3.93%), Vitamin B1: 0.05mg (3.22%), Vitamin D: 0.42µg (2.8%), Vitamin E: 0.35mg (2.32%), Vitamin K: 2.15µg (2.05%), Manganese: 0.04mg (1.86%), Folate: 5.56µg (1.39%)