



Creamy Chicken over Pastry Shells

READY IN



35 min.

SERVINGS



6

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup planters almonds sliced
- 2 Tbsp butter
- 1.5 cups oscar mayer carving board flame grilled chicken breast strips chopped
- 8 oz philadelphia chive & onion cream cheese spread
- 1.5 cups milk fat-free
- 2 Tbsp parsley fresh chopped
- 1 cup mushrooms sliced
- 10 oz puff pastry shells frozen (6 shells)
- 1.3 oz sauce mix white

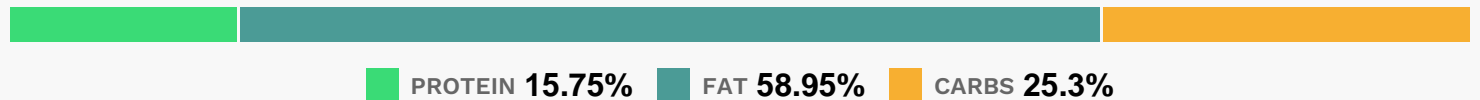
Equipment

- sauce pan
- oven

Directions

- Bake pastry shells as directed on pkg. Meanwhile, cook and stir mushrooms in butter in medium saucepan until tender.
- Add chicken breasts strips; cook until heated through, stirring occasionally.
- Remove from heat; set aside.
- Prepare white sauce in large saucepan as directed on pkg., using the fat-free milk.
- Add cream cheese spread; cook until cream cheese is completely melted and mixture is well blended, stirring frequently.
- Add chicken mixture and parsley; cook until heated through, stirring occasionally.
- Remove center cutout from each pastry shell; set aside. Spoon about 1/2 cup of the chicken mixture into each pastry shell.
- Sprinkle evenly with almonds; top with pastry cutouts.

Nutrition Facts



Properties

Glycemic Index:35.54, Glycemic Load:12.71, Inflammation Score:-6, Nutrition Score:14.071304476779%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 518.62kcal (25.93%), Fat: 33.95g (52.22%), Saturated Fat: 12.84g (80.26%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 31.24g (11.36%), Sugar: 7.38g (8.2%), Cholesterol: 65.2mg (21.73%), Sodium: 376.34mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.41g (40.81%), Vitamin B3: 7.62mg (38.11%), Selenium: 24.07µg (34.38%), Vitamin K: 28.82µg (27.44%), Vitamin B2: 0.38mg (22.31%), Phosphorus: 213.9mg (21.39%), Manganese: 0.36mg (18.23%), Vitamin B1: 0.27mg (18.11%), Calcium: 153.3mg (15.33%), Vitamin A: 716.91IU (14.34%), Vitamin B6: 0.28mg (14.02%), Vitamin E: 1.78mg (11.86%), Folate: 46.52µg (11.63%), Iron: 1.92mg (10.68%), Magnesium: 41.03mg (10.26%), Potassium: 317.21mg (9.06%), Copper: 0.18mg (8.88%), Vitamin B5: 0.83mg (8.3%), Vitamin B12: 0.49µg (8.14%), Zinc: 1.14mg (7.58%), Fiber: 1.55g (6.2%), Vitamin D: 0.74µg (4.94%), Vitamin C: 2.02mg (2.45%)