



Easy BBQ Chicken Crescents

READY IN



20 min.

SERVINGS



8

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons barbecue sauce
- ☐ 8 chicken breast strips/pre-cooked/chopped frozen fully cooked
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® canned
- ☐ 0.3 cup cheddar cheese shredded

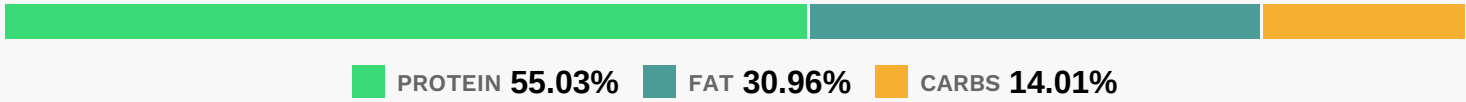
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. Spray large cookie sheet with cooking spray. Separate dough into 8 triangles.
- ☐ Place 1 chicken breast strip on each triangle; top with sauce and about 1 teaspoon cheese.
- ☐ Rollup loosely as directed on can.
- ☐ Place on cookie sheet.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake 14 to 16 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:16.763478018829%

Nutrients (% of daily need)

Calories: 413.52kcal (20.68%), Fat: 13.88g (21.35%), Saturated Fat: 5.2g (32.47%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 14.07g (5.12%), Sugar: 5.03g (5.59%), Cholesterol: 150.91mg (50.3%), Sodium: 448.21mg (19.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.5g (110.99%), Vitamin B3: 23.63mg (118.13%), Selenium: 48.89µg (69.84%), Vitamin B6: 1.04mg (52.01%), Phosphorus: 415.04mg (41.5%), Vitamin B5: 1.69mg (16.9%), Potassium: 459.17mg (13.12%), Magnesium: 52mg (13%), Vitamin B2: 0.22mg (12.97%), Zinc: 1.9mg (12.69%), Iron: 2.2mg (12.2%), Vitamin B12: 0.63µg (10.58%), Vitamin B1: 0.12mg (8.22%), Calcium: 61.25mg (6.13%), Copper: 0.09mg (4.53%), Vitamin E: 0.55mg (3.68%), Folate: 8µg (2%), Vitamin A: 98IU (1.96%), Manganese: 0.04mg (1.9%), Vitamin D: 0.2µg (1.33%)