



Fancy Crescent Chicken

READY IN



45 min.

SERVINGS



8

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons butter softened
- ☐ 10 oz meat from a rotisserie chicken drained canned
- ☐ 3 oz cream cheese softened
- ☐ 0.8 cup seasoned croutons crushed
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons milk
- ☐ 1 tablespoon onion chopped
- ☐ 0.1 teaspoon pepper

- ☐ 1 tablespoon pimentos chopped
- ☐ 16 oz crescent rolls refrigerated
- ☐ 0.3 teaspoon salt

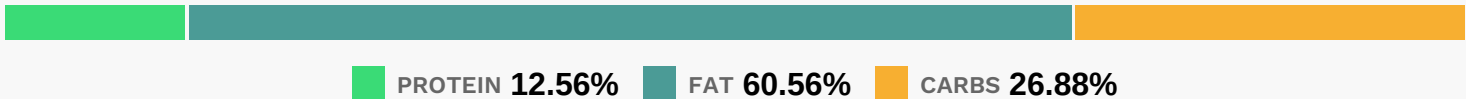
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a bowl, mix together cream cheese and softened butter until smooth.
- ☐ Mix in chicken, salt, pepper, milk, chives, onion and pimentos. Separate crescent rolls into rectangles.
- ☐ Spoon chicken mixture over each rectangle. Fold dough over and press together to seal edges.
- ☐ Brush with melted butter and sprinkle with croutons.
- ☐ Arrange on ungreased baking sheets.
- ☐ Bake at 350 degrees for 20 to 25 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:1.68, Inflammation Score:-3, Nutrition Score:3.8521739192631%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 378.86kcal (18.94%), Fat: 26.13g (40.2%), Saturated Fat: 12.66g (79.12%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 25.88g (9.41%), Sugar: 6.38g (7.09%), Cholesterol: 47.72mg (15.91%), Sodium: 799.65mg (34.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.38%), Selenium: 8.66µg (12.38%), Vitamin A: 496.54IU (9.93%), Phosphorus: 75.74mg (7.57%), Iron: 1.35mg (7.52%), Vitamin B12: 0.41µg (6.88%), Zinc: 1mg (6.64%), Vitamin B3: 1.04mg (5.2%), Vitamin B2: 0.08mg (4.58%), Vitamin B6: 0.08mg (4.18%), Vitamin E: 0.43mg (2.85%), Vitamin C: 2.26mg (2.74%), Vitamin K: 2.71µg (2.58%), Calcium: 25.07mg (2.51%), Potassium: 86.45mg (2.47%), Magnesium: 9.66mg (2.41%), Folate: 6.41µg (1.6%), Vitamin B1: 0.02mg (1.59%), Copper: 0.03mg (1.35%), Manganese: 0.02mg (1.21%)