



Fiesta Chicken Taco Cups

READY IN



50 min.

SERVINGS



4

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup corn green frozen giant® niblets® (from 1-lb bag)
- 1.3 cups sauce refrigerated with seasoned chicken (from 18-oz container)
- 8 oz regular crescent rolls refrigerated pillsbury® canned
- 2 oz cheddar cheese shredded finely
- 1 tablespoon cornmeal yellow

Equipment

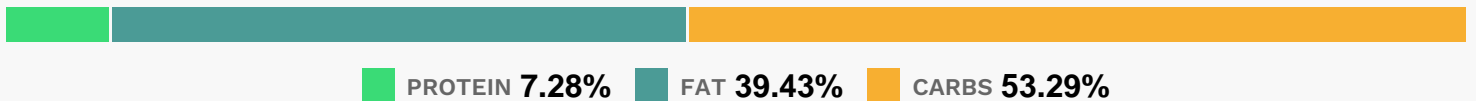
- frying pan
- sauce pan

- oven
- wire rack
- muffin liners

Directions

- Heat oven to 375°F. Spray 8 medium muffin cups with cooking spray. In 1-quart saucepan, heat taco sauce with chicken over medium heat, stirring occasionally, until thoroughly heated.
- Unroll dough and separate into 4 rectangles; press each into 8x4-inch rectangle, firmly pressing perforations to seal.
- Cut each in half crosswise, making 8 squares.
- Sprinkle both sides of each square with cornmeal. Press each in bottom and up side of muffin cup; turn edges of dough under, pressing to extend 1/4 inch above edge of cup.
- Spoon about 2 tablespoons chicken mixture into each cup.
- Sprinkle cheese over each.
- Bake 12 to 17 minutes or until edges are deep golden brown. Cool in pan on wire rack 5 minutes; remove from muffin cups.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:2.890869539717%

Nutrients (% of daily need)

Calories: 369.2kcal (18.46%), Fat: 16.61g (25.56%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 49.71g (18.08%), Sugar: 22.96g (25.51%), Cholesterol: 13.47mg (4.49%), Sodium: 1419.46mg (61.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.81%), Calcium: 94.39mg (9.44%), Phosphorus: 85.65mg (8.57%), Iron: 1.01mg (5.63%), Zinc: 0.65mg (4.32%), Vitamin B2: 0.07mg (3.86%), Selenium: 2.44µg (3.49%), Fiber: 0.81g (3.25%), Magnesium: 12.82mg (3.2%), Vitamin B6: 0.06mg (3.02%), Vitamin B12: 0.17µg (2.91%), Folate: 10.94µg (2.74%), Manganese: 0.05mg (2.59%), Potassium: 80.74mg (2.31%), Vitamin B1: 0.03mg (2.13%), Vitamin B3: 0.42mg (2.12%), Vitamin A: 94.24IU (1.88%), Vitamin C: 1.49mg (1.8%), Vitamin B5: 0.11mg (1.11%), Copper: 0.02mg (1.01%)